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# BABYHOOD:

A MONTHLY

## MAGAZINE FOR MOTHERS,

DEVOTED TO

THE CARE OF INFANTS AND YOUNG CHILDREN,  
AND THE  
GENERAL INTERESTS OF THE NURSERY.

LEROY M. YALE, M.D.,

MEDICAL EDITOR.

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# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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IT is customary with many of our adult contemporaries at the beginning of every new year of their career to inform their readers that the twelve months just finished have marked an era prosperous beyond all precedent, the growth of their subscription-list having vastly exceeded their fondest expectations and most exaggerated hopes. BABYHOOD will vary the monotony of this custom by saying that, until it has become a regular visitor to every family in the United States containing little children, its hopes will not be realized, nor even its expectations. Before any one writes us taking exception to our excessive modesty we will say that we shall speak of reaching the families of other nations later; we already have actual subscribers in almost every foreign country on the globe, without having made any effort to obtain them; but for the present we wish to concentrate a good deal of effort in extending the circulation of the magazine throughout our own land. To this end we ask the active co-operation of all readers who can give the matter a little personal effort, if in no other way than by recommending the magazine to such of their friends as would be likely to be interested in it. The stronger the financial support accorded to BABYHOOD, the greater will be the possibilities for its usefulness; and it is to the mutual interest of all concerned that its circulation be as large as possible. We take the liberty of calling the attention of BABYHOOD's friends to the subject just now, for the reason that this is the subscription "season," during which any efforts which may be made are most likely

to bear fruit. For those who will do a little personal canvassing liberal remuneration is offered in our advertising pages; and those who do not care to undertake it themselves may suggest the matter to some friend who will be glad of the opportunity. It is a kind of missionary work that many are finding both pleasant and profitable.

How can children, who are too young to go to school and yet too old to stay in their nursery all day, amuse themselves during the busy Christmas-preparation season without interrupting or meddling with the work that is going on around them? Why should they not have a share in this interesting business and buy or make some gifts? Almost every nursery has its tin bank, with more or less money in it, which belongs to the little occupants. If the money is not being saved for some special purpose Christmas is a good time to open it, and, led by an older and wiser head, Baby can invest his small capital to the delight of all concerned. Where there are two or three little sisters and brothers in a house there will be happy times when the golden heads get nodding together as the owners whisper and plan about the "boo'ful things for mamma" and the "s'pensive ones for papa" which they are going to buy with their bright, jingling five and ten cent pieces. Children generally learn to keep their little secrets if they are carefully cautioned, and they will take great pleasure in helping to choose what they are going to give. Often their purses are not large enough to pay for what their good

taste suggests, but there are many useful little articles to be found, and their prices will just suit children's means. Indeed, the simpler the articles the more easily can they plan and execute their purpose: a set of knitting-needles, pocket pin-cushion, cake of fancy soap, shawl-pin, needle-book or darning-egg, a lead-pencil, pen-holder, pocket-comb, note-book, bottle of ink, india-rubber, measuring-tape, button-hook, emery, paper of needles, hair-pins, shoe-buttons, pins or spools of thread, a piece of ribbon, a handkerchief, celluloid thimble, collar, or chromo—anything which the little folks themselves can suggest to each other. If they have very little money, or if they wish to *make* their presents, they can cut a few sheets of colored paper into mats, baskets, paper-lighters, etc. Having an empty box or drawer, where they can keep their treasures safely and admire them whenever they please without troubling any one, will add greatly to their happiness and importance.

By the way, speaking of Christmas, we would like to enter a protest against the practice of giving a child, for a holiday present, an article of clothing or other thing that even little children recognize as a "necessary of life" to which they are entitled anyway, as a right. There are, of course, some articles of dress which, especially with little girls, are matters rather of finery than of clothing, and are acceptable as luxuries; but the giving of *necessaries* of any sort as a "present" savors a good deal of imposition quite within the comprehension of little folks, and causes a disappointment which should have no place in a gala day such as Christmas ought to be. However simple and inexpensive, an out-and-out *gift* of some kind, novel in its character, should mark the anniversary.

A better illustration could hardly be given of the value of a periodical for the discussion of subjects of universal interest than is shown in the fact that readers of this journal who are interested in the reform "*Gertrude*" suit have been able to

accomplish for each other through these pages what could not possibly have been done otherwise. Letters continually reach us telling of the help that printed communications have been in enumerating the details of what has seemed to many an experiment of almost too radical a kind. Theories may be sound, but the recounting of individual experiences in putting theories into practice is always the most acceptable aspect of them. What would have required years, without a medium of intercourse between those most interested, has now been accomplished in a few months, and everybody knows what everybody else thinks on the subject as well as if all had attended a convention in person. There are innumerable opportunities for improving little details of old-fashioned nursery regimen which, while not of striking importance in themselves, in their sum total will contribute vastly to success and comfort; we need hardly repeat our previous announcements that our columns stand ready to welcome all hints and discussions which may be offered, subject only to the discrimination in selection necessitated by the limits of space.

The article this month on "Art in the Nursery" is written by one of our foremost art critics, Mr. W. J. Stillman, now a resident of Rome. While it is no part of BABYHOOD'S province to enter upon art criticism, our author finds it essential to his purpose to say a good deal of existing art opinions; this portion of his paper will be found equally interesting by those who have and those who have not occasion to apply its suggestions in their own nurseries. Mr. Stillman's remarks on art education in general will, we are confident, command the attention of all who recognize the value of training the eyes and hands of children in an early perception and reproduction of the beautiful.

Nurses, and even mothers, are apt to allow the baby-carriage, with its pillows and wraps, to stand out of doors regardless of atmosphere or temperature. The baby is brought out for his airing, and is placed in a

thoroughly chilled or damp carriage, and tucked up with thoroughly chilled wraps. Now that the cold weather is upon us, do not let him be taken visiting in his carriage unless carriage and all can go into the house with him. At least take his pillows and shawls in, and avoid the risk of bringing him out after half an hour's call and packing him in a cold carriage among freezing wraps.

In our prize article on "Protracted Crying-Spells," in the July number, its author gave expression to her profound regret that Susanna Wesley—"that amazing woman who never, we are solemnly assured, allowed one of her nineteen children to cry after it was two years of age"—died without revealing the secret of her success to her puzzled and afflicted sisters. That secret is both revealed and rendered more mysterious than ever by the knowledge of Susanna Wesley's character and achievements, which we derive from Mrs. Eliza Clarke's recently published book on that famous woman. For Susanna Wesley not only managed her children so that, in her own phrase, "when turned a year old (and some before) they were taught to fear the rod and *to cry softly*," but she had a heart full of tenderness for each and all of them, and wise counsel and unvarying cheerfulness as well. She was the presumably apt pupil of a learned father and the worthy helpmate of a busy clergyman, whose peculiarities of temper she studied to his as well as to her advantage. She never flagged in her interest in political and religious matters, and when, at the age of more than seventy, she became a convert to the doctrines of her distinguished son John, it was only because independent thought and her strong convictions had overcome the arguments of her elder son, Samuel, also a clergyman. And the secret of this marvellous activity lay after all in the simple fact that, "having much to do, she found time to do everything by dint of unflagging industry and a methodical habit of mind." About a month before her last child was born the rectory was destroyed by fire; but even this visitation scarcely interrupted the even tenor of her way. When

the last pupil had appeared, and while her home was being rebuilt, she resumed the "regular school with her family," teaching them, as she had done for seven years past, six hours a day. "While her children were quietly gathered round her with their tasks she plied her needle, kept the glebe accounts, wrote her letters, and nursed her baby." When we finally read that all through the troubles of her busy life, in spite of bearing and caring for and effectually hushing nineteen children, ten of whom grew to maturity, she retained almost to the end her good looks and graceful figure, we have here an example which surely should bring encouragement and cheer to all of BABYHOOD's readers whose charges number *less* than nineteen.

It is not "a sign of the times" to find a writer in so conspicuous a place as the "Editor's Drawer" of *Harper's Magazine* saying as the preface to an alleged joke:

"At what age is a sense of humor usually developed? It very rarely exists in children under twelve."

It is to be hoped that some public-spirited citizen will at once take pains to ascertain the name and address of the author of this allegation, and make him a Christmas present of a year's subscription to BABYHOOD, whose pages so often bristle with records of the keenest sense of wit in very little children. It is really a serious thing that this lack of appreciation—for it is nothing else—of humor in our little ones is so often permitted to be a handicap to their happiness, to say nothing of their symmetrical mental development. And we are not now speaking of the many funny things said by children, which are funny only to their elders—*i.e.*, grotesque uses of words, or mistaken reasoning, which has to themselves no ludicrous aspect. The evidences of early, keen enjoyment of pure wit are too numerous, certainly among observant parents, to call for any extended or deep arguments. The writer above quoted deserves the sympathy of the community, for he is away, away behind the enlightenment of the age.



## CHILDREN AND PETS.

BY EVA C. E. LÜCKES,

*Matron of the London Hospital.*

CONSTANT readers of *BABYHOOD* must frequently have been impressed with the fact that the duties of a mother are far more numerous and varied in character than many people imagine. The most thoughtful parent can scarcely fail to have received valuable hints from the experience of others, and it is marvellous to observe how many mothers, whose hands seem already more than full, still find time to carry out fresh suggestions for the welfare or amusement of their little ones. We learn what the children need partly by what we have proved to be of value to ourselves from remembrance of our own early training, and partly by what we ourselves have lacked in later years from what was deficient in the preliminary stages of our education.

One of the things that often appear to be left far more to chance than is at all necessary is the cultivation of a love of animals. I mean, especially, of those domesticated animals which may safely be introduced into our nurseries. I do not urge this only as a means of present amusement—although any one who has watched how an intelligent child will play with a pet cat or dog for almost any length of time with complete satisfaction will readily admit that there is much to be said in favor of it on those grounds also—but it is rather with a view to the benefit likely to accrue to the children in the future from these early associations that I venture to think it is worth while for mothers to take some trouble to secure them.

I do not suppose that every child can be taught to like animals. There may be natural antipathies that cannot be over-

come,\* but these would always be exceptional individual cases, and do not alter the fact that, generally speaking, there is room for much to be done in this direction. The habit of complete fearlessness in coming in contact with animals is invaluable in later years, and is a source of pleasure always. Nothing insures this with so much certainty as early nursery familiarity with them. Watching the ways and doings of animals, particularly if their various characteristics are constantly pointed out to a child as soon as it is beginning to observe the world around it, will probably inspire an interest in them that will become habitual, and which cannot possibly be produced in an equal degree afterwards.

There can be no doubt that we retain impressions from a very early age, and our likes and dislikes through life are much influenced by our first experiences. No detail of nursery management is altogether trivial if looked at from this point of view, and it is this reflection which leads wise mothers to bestow so much thought and pains upon apparently insignificant things.

"I cannot put up with dogs and cats about besides the children!" is the exclamation of a well-meaning but overworked mother sometimes; and with many children playing around, perhaps in small quarters, such a statement at first sight does not appear unreasonable. But if the said mother realized that association with these animals was likely to have a beneficial effect upon the children she would not usually be slow to submit to the additional inconvenience.

Some care must be taken in selecting ani-



mals that may safely be trusted in the nursery; for it is as important to avoid giving a child a fright as it is to directly cultivate a friendly feeling for the household pet. Many a man or woman can trace back an aversion to dogs or cats—strong enough, in some cases, to require all their self-control if they are to sit quietly in a room with these inoffensive creatures—to some shock received through an unlucky incident connected with one of the species in childhood; and thus what might have been a lasting pleasure becomes a positive source of discomfort in the ordinary conditions of life. Very young animals are apt to be rough in their play, and so it is not well to let them come in contact with children who are too young to understand this; but as soon as they are of an age to fully realize that the roughness is only play there is no risk in so doing. It is curious to notice, too, how gentle most animals are with children if they have been brought up with them, and to watch the amount of pulling about that they will stand from childish hands with undisturbed equanimity.

As children grow more observant and thoughtful the care of living pets is a most useful means of developing their sympathies. To let a child help in the process of feeding birds, squirrels, silk-worms, etc., will not only be a daily delight, but will gradually teach a thoughtfulness for things dependent upon us; thus lessons of lasting importance will be combined with the transient amusement. I have heard some parents say that they do not wish their children to possess live pets until they are of an age to look after them properly. It has always seemed to me a mistake to adopt this plan. Sustained effort of any sort is too much to expect from children. It is a fatal mistake to associate the care of any living thing with constant reproaches concerning it, and some occasional neglect will almost inevitably occur and render these necessary if a child has sole charge of any pet when too young for the responsibility. When the novelty has worn off the trouble of daily attending to any of these living creatures will soon outweigh the charms of possession, and if it is desired to

make them objects of affection a different course must be pursued.

When children have been interested in watching the attention paid to birds or pet animals from early days, and learned to regard it as a privilege to be trusted to give them the needed care occasionally, until they are fit to be allowed to look after them without assistance, the result will be far more satisfactory. The interest already established will do more to prevent neglect than any amount of subsequent scolding and reminding on the subject, so children and pets will both derive benefit from this arrangement.

Children brought up in the country are infinitely better off than town children in the way of gaining an insight into the ways and doings of living things; but it is noteworthy that even those children brought up in their midst gain comparatively little knowledge of their nature and habits if the eager interest which children generally feel in everything new to them is not wisely encouraged and directed. Of the two, it seems to me more important that mothers living in the city should turn their attention to this matter, and see how much may be accomplished with their comparatively limited opportunities; for, although it is possible not to make the most of the advantages offered by the country in this respect, it is not likely that country children will grow up with that profound indifference to the various forms of animal life around them which is only too frequent an occurrence in towns. The habit of observation once acquired, the objects of interest can always be extended as circumstances permit; so the fact that those living in towns can do but little in this direction by no means excuses them for doing nothing at all.

I am not speaking now of the value of habits of accurate observation with a view to future scientific training, but only with regard to the interest of children still in the nursery—those for whose benefit *BABYHOOD* exists. To provide nearly all children at an early age with live pets of some kind needs careful attention from mothers, but no spe-

cial knowledge on their part. It will be much easier to supplement the interest in animals, which has become a part of the child's daily life, with more detailed instruction concerning them by and by, if that is considered desirable, than to endeavor to create this interest in the first instance later on. That this is a useful means of teaching children gentleness and consideration must be obvious to all; and, as nearly all cruelty arises from fear and ignorance, we can scarcely do better than cultivate their imagination by turning it in this practical direction.

We cannot provide children with too many objects of interest in the world around them, nor are we likely to overestimate the extent to which the habit of ready interest in everything may enrich their future lives. Everything which concentrates a child's interest on some fact outside its own personal existence is of service to that child, even though in early days it can only think of the object that arrests its attention as invested with the same feelings as itself. "Why are you pulling up all those sticks from your garden?" I asked a small boy of three years a few weeks ago. "Because I'm going to bed, and perhaps if the little sticks were to wake up in the night they mightn't like to find themselves standing up," he replied, with a serious expression.

The fancies, so real to children, which they connect with inanimate things can be utilized with still greater profit when associated with living creatures. The companionship which children manage to extract from dolls and toys by investing them with imaginary powers can be obtained with at least equal facility from the familiar canine friend; and the idea that the dog or cat "wants to play" often renders a game specially attractive to a child left to amuse itself. I know of a bright little boy who went up to the breakfast-table to finish some bread and milk, when one of his sisters stopped him with the remark: "Don't take that, Harry; the dog has been drinking out of that basin." "But I thought he had had all he wanted," replied the child, evidently perceiving no drawback to their using the same vessel, provided the dog had a fair share! I would not be supposed to advocate

that children and dogs should take their meals together in this fashion; but I thought a child brought up on such friendly terms with the four-footed member of the family had a distinct advantage over those children who are brought up in a vague terror of dogs or cats, or taught to disregard them.

We must not forget, in our endeavor to instil what we believe to be desirable into these young minds, that our example will have more influence than our precepts. It will be of no service to tell children how animals ought to be treated if we behave capriciously towards them ourselves, because children are essentially imitative, and what we *do* has infinitely greater effect upon them than what we *say*. If a mother jumps upon a chair at the sight of a mouse, or screams at the appearance of a frog or a toad, it is more than probable that her children will conceive an aversion for them that they will not easily overcome afterwards. It may be difficult for her to avoid showing her own inveterate antipathies, but if it is clear to her that this self-control will benefit her children, I think nearly every woman would prove equal to the demand made upon her. "For the sake of the children" is a powerful incentive to most mothers; and if its effect is proverbial in great matters I do not think its utility should be despised as a motive to consistent action in small ones. It seems to me that mothers are often careless and injudicious in the management of their little ones not so much because they shrink from any amount of self-sacrifice, whether in small things or great, but because they fail to perceive the relative importance with regard to the general education of things that in themselves are mere trifles.

I have known several children in different families with a curious horror of common flies and flying insects of any kind. I can recall one little girl in particular, who would play fearlessly with the cat and the dog before she could toddle, but who screamed violently at the sight of a fly on the window or ceiling, and if one alighted on herself her terror was pitiable to see. Luckily for the child in question, she was the youngest of a family



where such a peculiarity was patiently dealt with, and by dint of gentleness when the child was frightened, and constantly calling her attention to flies crawling on her mother's hands, or on her little brothers and sisters, she was gradually convinced how harmless they were. She quite overcame her aversion by slow degrees, and, now that she is a woman, no vestige of her dislike lingers, and she refers with a smile to her childish terror, though she distinctly remembers how vivid it was.

To quote the words of a wise writer: 'The blessedness of life depends far more on its interest than upon its comfort'; and

the more mothers recognize this the more earnest will be their endeavors to inculcate such habits in the nursery as will provide the rising generation with interests that are not likely to forsake them, whatever may be the circumstances of their future lives. Whether we consider the positive or negative advantages of a careful bringing up in respect to this subject, we shall find it worth our attention. It is much to be spared sensations of fear that may cause us frequent annoyance in every-day life, and if the very source of our discomfort can be transformed into a means of actual pleasure, surely a definite good will have been achieved.

## RUPTURE IN CHILDREN.

BY V. P. GIBNEY, M.D.,

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TO the readers of BABYHOOD I am sure no subject can be of more interest than the one the editor has asked me to discuss in this paper.

### FREQUENCY OF RUPTURE.

London statistics show that one-half of all cases of rupture in patients under twenty occur in children during the first five years of life, and two-fifths of the whole number occur during the first year. Statistics in this city show that fully *three-fourths* of the ruptures in the groin that occur in the first twenty years of life are found in the first five years, and *two-fifths* in the first year of life. A large number, more than *one-fourth* of all that occur during the period of infancy, are seen during the first six months of life.

It is enough, then, to know that our little ones are especially liable to protrusion of the intestines, and that this defect is one upon which mothers should be sufficiently instructed.

### HOW TO DETECT A RUPTURE.

It is generally understood that a rupture is a protrusion of a portion of the intestine

through an opening in the deeper layers of the abdominal walls. The signs are a rounded or an ovoid swelling in the groin or at the navel, disappearing when the child lies down or under pressure of the finger. The presence of a swelling, however small, that is *compressible*, and that returns promptly on coughing, crying, or straining in any other way, should demand attention. Such a swelling should be regarded by the mother as a rupture. Her opinion can be confirmed or not by the family physician.

It is exceedingly difficult to lay down rules by which she can pronounce with certainty upon the nature of the swelling. Let it be remembered that more conditions are found which simulate rupture during the first decade of life than at any subsequent period. Let it be also remembered that trusses are suitable for ruptures only, and that a child may be tortured by wearing a truss over a mass that is not a rupture.

The above reminders are made solely in the interest of those little sufferers whose mothers "order a truss" from some truss establishment on the strength of their own judgment. It is enough for them to be tor-

tured when they *are ruptured* by ill-fitting trusses. They should not wear a truss when a rupture does not exist. However positive one may be, let the physician decide upon the nature of the "swelling."

#### THE CAUSE OF RUPTURE.

It is currently believed and generally taught by medical authors that heredity plays an important part in the production of rupture. Without going into details and figures, I will say that my own conclusions on this subject are based upon an analysis of five hundred cases in children, made by my fellow-interne, Dr. Edward Swasey, in the Hospital for the Ruptured and Crippled in 1880. It was found that only *seventy-one* out of the five hundred had a relative known to be ruptured; so that we fail to find sufficient evidence that "children of ruptured parents are frequently affected in like manner." This chief predisposing cause seems to be an anatomical one—that is, an elongation of the *net-work* (mesentery) in which the intestines are suspended.

Among the exciting causes, excessive crying stands, perhaps, first. Coughing comes next in the order of frequency as a cause. Take one hundred and fifty-six cases in which an exciting cause was found. These were thoroughly investigated, and are reasonably reliable:

Crying.....	58
Coughing.....	47
Falling.....	24
Lifting.....	10
Jumping.....	6
Straining.....	4
Debility.....	7
Total.....	156

In enumerating causes I do not ignore the claim made by some prominent physicians for an elongated and constricted foreskin, what is termed *phimosis*. From careful observation, and reinforced by my colleague, I do not attach much importance to this *normal condition* of infancy as an exciting cause. Statistics, confirmed by authorities, show that rupture is quite as frequent in Jewish as in Gentile children.

Reverting to our table, we see that nearly

all the causes assigned may be included in one single cause—viz.: *straining*. Constipation has not found a place in the above statistics; yet I am sure that I have traced many cases of rupture to this one complaint of infantile life. This causes much straining, because there is usually associated with this a costiveness that becomes at times very painful. If I were to suggest rickets as a cause of constipation, a protest, I am sure, would be made by many mothers, who think their own children never have such a plebeian ailment. If they will remember, however, that rickets is but another name for poor nutrition, and that even the best of food may not always be properly disposed of in the baby's digestive tract, they will hesitate before sending in their protest. All mothers should know that it is not so much the food they give as the way in which it is given that produces disorders of the stomach and bowels.

#### HOW TO PREVENT RUPTURE.

A certain number, nearly seven per cent, have the rupture at the time, or within a day or two, of birth. It is useless to talk about prevention in such cases; but a very large number develop after the first week or two, and to these our attention can with profit be directed.

1. Let the child's diet be wholesome and digestible. This will protect against constipation, with the straining incident thereto; against hunger and the crying of a hungry child; and against debility, which produces flaccidity of the abdominal walls.

2. Let the band, if a band is worn, extend well down to the lower part of the abdomen, and let equal pressure be made in all parts with the artificial support. Knit bands, or belts, are now easily obtained, and afford a good substitute for the ordinary bands of the nursery, *provided* they are renewed before they are stretched beyond the point of giving support.

3. Do not employ crying as a means of "breaking the baby into" good habits. The ordinary crying of infancy does not produce a rupture, but the prolonged crying—

the outbursts of passion uncontrolled or ungratified—is what causes a strain that produces rupture.

Don't let any of my readers imagine that I have a panacea for the crying of babyhood. Some mothers have the faculty of governing by love, and many prefer to employ brute force.

The question is often asked, How much should a baby be allowed to cry? The question many of us would prefer to have answered is, "How can we prevent Baby from crying?" If a mother lives in fear of a rupture, and is taught to believe that rupture comes from crying, she may in her honest attempts to prevent crying, by dosing with soothing-syrups and all this class of opiates, do more to predispose the child to rupture than all the crying would do. There are a great many ills which the little one may acquire infinitely worse than rupture. So I would say to mothers, Do what you can to find out the cause of the crying, and don't blindly start out to "stop the noise" at all hazards. Gentleness and kindness and patience go a long way with these little ones. No rule can be laid down as to how much or how little crying will suffice to produce a rupture.

4. If whooping-cough should develop, let all be done that can be done to modify the severity of the paroxysm. Many of the much-vaunted remedies for whooping-cough are condemned as being entirely useless. Let not this prevent one from employing favorite remedies, if only the attacks are made less severe thereby.

#### TREATMENT.

Generally speaking, every child with a rupture should wear a truss. I am aware that some are reported as recovering without any mechanical treatment whatever. These children make the exception which proves the rule. I have seen many adults, male and female, suffering from rupture who would tell me that as babies they were ruptured and seemed to get well. I have seen many, too, who were treated for rupture in infancy. What I am advocating now is a thorough course of treatment.

To be specific: Say an infant during the second or third week of life is found to have a rupture in the groin. Let no time be lost in securing a *well fitting* truss, with just enough pressure over the place where the rupture was found to prevent its further appearance.

Make it a point that the rupture shall never be seen again. That means the truss must be worn *continuously for at least one year*. It does not mean that it must be worn only by day. Let it be distinctly understood that I am recommending a plan that will cure the greatest number of children. Any truss that cannot be thus worn in season and out of season, in the bath and out of the bath, is not, in my judgment, the truss to use for babies.

How shall excoriations be prevented? In the first place, let the spring, if a spring truss is used, be so shaped that, when it is sprung out so as to produce the requisite pressure, it will conform at every point to the outline of the child's pelvis. How can this outline be obtained? By means of a narrow strip of sheet-lead; take first one side, place the lead on a sheet of paper, and with a pencil mark the curve. Repeat the process for the other side, joining the two lines on the sheet of paper.

Cleanliness is indispensable, and this can be attended to by raising the spring in the back a minute or so while the parts underlying are thoroughly washed and dried. Then repeat the procedure in front, taking pains to get the pad just where it belongs. The physician who first applied the truss will have indicated the spot where the pad should rest.

Some mothers use baby-powder, and this seems to suffice. At first it is a good plan to bathe the parts beneath the spring with equal parts of alcohol and water. This seems to harden the skin. Bay-rum is a good substitute for this. If any redness appears, the ordinary zinc ointment should be employed. There are many fine ointments that are employed with much relief.

If the truss-spring is covered with leather it is a good plan to wrap it with Canton flannel or lint, or other soft material.

## FORMS OF TRUSSES.

My own preference is for the "opposite side" truss, which is so named because the spring passes across the pelvis in front. The spring itself affords support, and, if well fitted, does not interfere with the bladder or other internal organs. I mention this because some well-meaning old women, of both sexes, often attribute many of the little ills connected



FIG. 1.

with the bladder and kidneys to a truss-spring passing across the region where the bladder is supposed to be situated. "Weak kidneys" do not depend on such a condition.

The pad should not be large. Many fancy because the rupture is large that the pad which is to hold it should be proportionately large. Let me remind my readers that the opening through which the intestine protrudes is not larger than the end of one's index-finger. It is often not larger than the end of the little finger. A small pad, therefore, will fit over this opening more directly, and will the better prevent protrusion. The shape of the pad should be slightly convex, and its direction should be oblique—*i.e.*, on a line parallel with the groin.

As to trusses, my own preference is for a spring with the hard rubber covering. A drawing is shown in the accompanying Fig. 1. When applied the appearance is as shown in Fig. 2. Very often the strap is unnecessary, as the spring, if moulded to fit the outline of the body, remains in place without difficulty. This truss can be cleansed without removing it from the body simply by raising each end in turn for washing and drying. At the same time the toilet of the skin can be well attended to.

The rupture should be reduced when the truss is first applied, and the mother or nurse is *censurable if that rupture is ever seen again*. That means this: the truss should never be removed by any one but the physician for at least one year, and his reason for

removing it temporarily should be to make it fit more comfortably. The baby can enjoy the bath without touching the truss.

If other trusses are used—and I am free to admit that there are many good patterns—the spring should be covered with soft linen or lint; and there should be two fitted, in order that one may be always clean and dry.

For rupture of the navel a hard rubber truss, like that shown in Fig. 3, should be worn. It is the custom with many to employ a belt with a small pad of wood or cork fastened to the inside of the same for the purpose of fitting into the aperture. My experience with this method has been extensive, and I must say that such appliances are very troublesome of management. Belts get wet, get stringy, and soon get out of shape. A coin or a button

covered with cloth or chamois-skin can be easily applied and retained in place by strips of rubber adhesive plaster. This method is preferable to the belt treatment.

A good substitute for the hard rubber truss is the celluloid; but there is an objection, that is really groundless—*viz.*: that heat may render the truss dangerous.

The pad of the navel-truss (Fig. 3) has a small elevation in the centre, as shown in Fig. 4.

## THE DANGER OF STRANGULATED RUPTURE.

How can a mother tell when a rupture threatens life? If the swelling gets very painful, and if the child begins to vomit and cannot be quieted by the ordinary methods employed, and, furthermore, if the tumor does not disappear on pressure, let not time be lost in securing medical attendance. Do not resort to any more handling of the parts than has

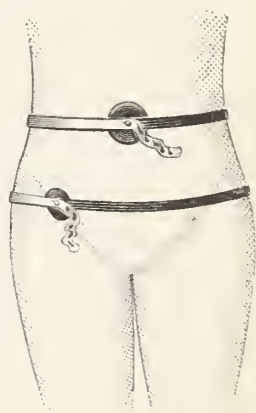


FIG. 2.



sufficed to reduce the rupture on previous occasions when it was "out." *Do not resort to any violent handling* under any circumstances. Leave all this to the judgment of the physician.

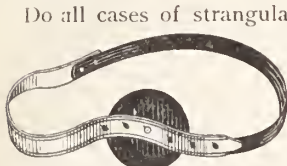


FIG. 3.

Do all cases of strangulated rupture require operation? Certainly not. A very small number in children require operation.

The average physician can accomplish the reduction of the mass by manual tact.

*How long should a truss be worn?* For at least one year after the last appearance of the rupture.

To sum up the points, then, in the management of a case of rupture:

1. Get a truss as soon as possible.
2. Secure a good fit; and this had better be done by a physician or an intelligent truss-dealer.
3. Never allow the rupture to appear after the first application of the truss. This advice, I know, cannot always be followed, yet each appearance should be regarded as a failure in the treatment, and renewed diligence should be employed.
4. Cleanliness is better than all salves and lotions, yet these agents may with advantage be employed when chafing occurs.
5. Do not be in haste to remove the truss, but act under competent advice in this matter.



FIG. 4.

## ANTE-NATAL INFLUENCES.

BY LEROY M. YALE, M.D.

THERE come from time to time to the "Nursery Problem" department of **BABYHOOD** queries as to ante-natal influences, both mental and physical, which modify the well-being of a child, and in particular as to the mental occupations of a mother during pregnancy, and her diet, both as influencing the child and as promoting easy and safe delivery. These questions have not been answered hitherto, partly because they belonged rather to the domain of midwifery than to that of the care of children (and **BABYHOOD** has no purpose to go beyond its own ground), and partly because to many of these questions no satisfactory and authoritative answer could be given by any one.

The whole matter of ante-natal influence is one about which a remarkable amount of speculation and loose assertion has been indulged in, and about which our real knowledge is very limited. Nevertheless, since the subject is one upon which every serious-minded mother must take thought, and since the absence of knowledge leads to

the acceptance of statements that come with the pretence of knowledge—especially from books which, amid a mass of rubbish, contain a few scattered facts which only serve to make the rest more dangerous—it has seemed to us worth while to say a few words which, in a general way, may indicate the limitations of our knowledge and which may help some anxious persons to resist those suggestions of pseudo-science which, if followed, could result only in harm. As has been already mentioned, our knowledge is rather general than specific, for to every rule exceptions constantly arise, and only the most careful, trained observer can judiciously make the exact application to an individual case. What, therefore, we have to say here is intended to be accepted in this general way as the result of the experience of many observers, which is sufficiently large to overrule the exceptions.

The inquiries most frequently presented bear especially upon two aspects of the question: one being the effects of the mother's mental occupations during pregnancy upon

the mental constitution and development of the coming child, together with the effects of her course of life upon the child's physical well-being; the other the supposed value of certain courses of diet to cause safe, and especially easy, parturition. This last is, of course, quite aside from *BABYHOOD'S* field, but we shall give a few words to it later on.

#### PREVIOUSLY-INHERITED TENDENCIES.

The first may perhaps be as well considered as in any other way by following the special inquiry of one correspondent who asks concerning the "effects produced by certain lines of thought, books read, pictures studied, as well as by modes of dress, diet, state of mind, etc." This inquiry expresses the very common belief in the particular influence of mental states of the mother during pregnancy upon the child in some way or other. Now, there is undoubtedly a certain degree of truth in this idea, but is not so true as to be a just cause for a distressful anxiety to live up to all that it implies. The principle involved is, of course, the well-known one of heredity. But a recognition of what heredity really is carries us back much farther than the period of pregnancy. Heredity rarely perpetuates passing states of mind or body, but permanent states or prevailing tendencies. It is indeed well to keep both mind and body in the best possible condition during pregnancy, but the mother should not harass herself with the idea that her child's future is made or marred by her success or failure, because there lie behind this all the accumulated hereditary tendencies of the mother and the father as well; and the most rigid care during pregnancy can no more undo these than the most scrupulous attention to the details of Sunday worship can atone for a life of vice during the other six days of the week. A pregnancy which has been marked by good physical and mental health in the main is indeed a hopeful augury for the child, but no one has a right to despair of the latter because the mother's condition has been a distressing one. Said the father of a goodly family once to us: "That is the sunniest

child we ever had, and there was everything before her birth to make us expect the contrary." Every physician can cite similar cases, and probably most of our observant readers can recall such. We would in no wise belittle the value of good health, but we insist on this view of the matter to prevent morbid self-reproach on the part of the over-conscientious. If it chance that the peculiarities of the child resemble those of the mother during her pregnancy the resemblance is put down as an effect. No note is made of the cases in which the similarity is wanting. The varying peculiarities of different children in the same family might be charged to varying states found in the mother; but what shall be said of those children who are miniature copies of the father in feature, in gesture, in carriage, in physical habit, and in character? What shall be said of the atavisms where the child reproduces the peculiarities of an ancestor several generations back? \*

#### USEFUL AND USELESS EFFORTS.

It would be interesting to pursue this matter further, but this is not the place for writing which is not practical in its end. Enough, however, has been said to show that we believe that the mental heredity to be looked for is controlled very much by the general peculiarities of the child's ancestors—very little by the mental occupations of the mother during pregnancy. And this is said after giving full value to the occasional cases in which mental impressions have seemed to leave their mark upon the physical appearance of the child. Some of these cases are very striking and appeal strongly to the imagination, and it is not denied that such influences may sometimes be potent. But we could, on the other hand, cite cases where the mother spent most of her pregnancy in seclusion morbidly brooding over an expected deformity which did not come

\* Since this was written we find the idea of our hereditary dependence happily expressed in Mr. James Russell Lowell's Harvard oration: "The generations of men are braided inextricably together, and the very trick of our gait may be countless generations older than we."



after all her mental exertion ; not to mention multitudes of cases of less persistent impression which—and this is the rule—leave no trace. This is fortunate, for, as every one knows, the discomforts of that state are usually such that the mother is very far from being at her best either in body or mind. We cannot, therefore, think it wise to urge any “lines of thought” beyond an endeavor at cheerfulness and happy expectancy, which are always wholesome aids to nutrition. As to “books read,” we have only a similar suggestion to make. Read wholesome and cheerful books, but on almost any topic that is interesting to yourself. It would be folly, for instance, to set a person of untrained mind at work on a system of philosophy. The intellectual mother will probably enjoy reading of a high grade, and her child, if clever, will be so rather because of her mental calibre than from her temporary studies. Similarly we think regarding “pictures studied.” We know the tales of the Grecian women who frequented the gymnasia in order that admiration of the forms of the athletes might have its influence on the coming child. But if any result did come we cannot help thinking that the fact that the fathers came of the race that produced the athletes, and that showed a most marvellous habitual recognition of beauty, was the cause rather than these visits to the games.

#### HOW TO COUNTERACT HEREDITARY TAINTS.

But, although influences of heredity cannot be overcome in the short period of pregnancy, they can be combated by persistence through a long period. We do not mean, of course, that they can be undone altogether, but that they can be mitigated. Every one, for instance, can recall some person who, coming of a family with marked consumptive tendency, and himself showing signs of the same, has resolutely determined to live such a life as should give the least opportunity for the development of the family scourge, and has escaped. Now, there are few families that do not have some pecu-

liar tendencies to disease of greater or less importance. Think of the consumptive families, the gouty families, the rheumatic, the scrofulous, the “bilious” families, the families with feeble digestion, and so on. If all persons as they grow up would set aside the foolish idea that to confess a physical weakness is to acknowledge a disgrace, and endeavor to ascertain, to the best of their ability, what weaknesses they had inherited, and with equal assiduity endeavor to hinder their development, we believe an enormous gain would result. There would be a gain in their own persons and in their offspring. This is not Utopian ; it is not an absurd plan like one recently proposed, with apparent seriousness, by a scientist, who would arrange marriages on the lines of a stock-farm. It is simply asking that some of the care that is required for the cure of broken health be employed in its prevention.

#### SUGGESTIONS AS TO DRESS AND DIET.

But some one asks, Are we to do nothing during pregnancy? By no means. And this leads us to the remainder of our correspondent's inquiries “as to modes of dress, diet, state of mind, etc.” Regarding the *dress*, little need be said beyond that it should be such as to relieve the body from all restraint ; the trunk should be free from girdling pressure, the limbs entirely free to act. Frequently the physician will think some particular kind of support to the abdomen needed, and he will direct it. The high-heeled shoe is particularly to be avoided, owing to the position of the muscles that lift the thighs ; such shoes always strain the back and pelvic organs, and in the pregnant state may be productive of more serious mischief. If these general rules are attended to details may be left to taste.

The *diet* should always be generous. Every one knows the difficulties that lie in the way of the nutrition of the mother, and every one can see why there are extraordinary demands upon her powers. There is, perhaps as a consequence, a great tendency to anæmia (popularly known as “thinness of

blood"), which leads to a multitude of weaknesses in every part of the body. It would be beyond our limits to detail these; but the lesson is that "an ounce of prevention is worth a pound of cure." Good, wholesome, nutritious food should be taken; those things that lead to good appetite should be sought after, such as regularity of bowels, sunlight, exercise within the limits of the person's strength, as much freedom from anxiety and as much cheerful, unexciting company and occupation as is within the person's reach. Occasionally medicinal treatment is needed, but this should be by a physician's advice. Now and then cases of inordinate appetite are met with, the patient eating until burdened. Such persons, of course, need restraint either of themselves or from their friends. It is not intended here to make any criticism of proper regulation of the diet by the physician, for definite reasons. For instance, if the latter was aware of any kidney trouble he would arrange the diet according to the requirements of the patient's health, and similarly in many disorders. But we believe that the notions that seem to be rather common that some especial restricted diet, applied at random by the patient herself, can render child-bearing easier and safer is not only nonsense, but pernicious nonsense. The little we have known of the results of such methods have led us to believe that they have been impairment of the health of the mother.

The facility of delivery is in no way increased, and the ability of the mother to promptly recover is usually diminished.

#### FALLACIOUS NOTIONS.

Inquiry has been made about so-called "mothers' marks," and a word may be added here. These are usually due to a peculiar arrangement of small blood-vessels which are massed together. Sometimes they make simply a superficial red or purplish stain upon the skin; at other times they are sufficiently numerous to make a prominence greater or less in size, and occasionally even to demand surgical interference. There are others which are fatty growths covered with skin, and others again which are brown or black in color, hairy or not, and popularly styled "moles." These have all been styled "mothers' marks" from the notion that they were due to some ungratified "longing" on the part of the mother. Thus, the red ones are called "strawberry-marks"—the well-known identification-mark of the melodrama—darker ones are "cherries," and so on. The resemblance of the mark to the fruit is often as fanciful as could well be, and forced to suit the purposes of the old-wives who are bound in honor to account for the mark. Actually there is no known relation between the marks and the impressions, and the association is only a survival from a more superstitious age than ours.

## ART IN THE NURSERY.

BY W. J. STILLMAN.

"The child is father of the man."

IT is perilous to advise parents on the special education of their children, and particularly in the case of a specialty which, like that of art, involves so many chances of failure to one conspicuous success, and in which, while the fascination is such that those who have acquired the love of the art are rarely content to leave it, even in the case of failure, they who fail are more unfortunate than they who have less heart

in their occupation. A man who has grown up with his mind deeply interested in art is in a kind of charmed life, and turns to more material occupations with a kind of disenchantment, and looks back with a lingering desire and a feeling that he might have succeeded if something else had been otherwise than as it was, or else, only half divorced from his old passion, never acquires fully a new one.

Yet there will be artists. 'Doubtless,'

says Emerson, "in every million there will be an astronomer, a mathematician, a comic poet, a mystic"—and, he might have added, an artist—There will be many a one in every million who might be sufficiently successful to content himself and his fortune in art; and, as William Page used to say, "every man has some idiosyncrasy which, if developed to its highest, would make him the greatest man who ever lived"—a hyperbole which only overshoots truth, but is a good line shot. The only question is, if a boy shall take his choice and be constant in his effort, and willing to abide the event.

#### WHEN SHOULD ART EDUCATION BEGIN?

And without daring to advise any parent to attempt influencing that choice which, if it be genuine, lies in the boy's temperament, I am free to confess my profound conviction that, to give him the utmost chance of a success worth living for, his art education shall begin in the nursery. That might indeed be said of any occupation which requires special training of the hand and eye—*i.e.*, especial fineness of attention and discrimination and subtlety of execution. We know that it is true in music, and that no musician ever attains the highest standard of excellence in execution who did not begin at an early age to habituate his hands to express his feeling through the instrument. And the same holds in drawing and painting, as we see in the lives of the greatest masters we know of. Titian entered the studio at seven and Michael Angelo at ten, and, probably, earlier; still they had shown some facility which justified their apprenticeship. In France, the only country where to-day art is an essential part of the national life, it is not uncommon to find boys of sixteen already better masters of the crayon than painters of England and America who have established reputation; if they are not also equally advanced in color, it is probably because in the French system of art instruction a thorough mastery of the crayon is regarded as a necessary foundation for the painter. It may be the necessity of the French temperament which imposes this law, but it seems to me

contrary to the course of nature. A child who has a decided bent towards art generally shows it first in a passion for color; and as the musical ear is most susceptible and most easily trained in youth to the finest discrimination in sound, so the eye is perfected in its susceptibility much more readily in the impressible state of childhood, when emotion is purest and most vivid, and no ideas of the real forms and natures of things come up to perplex him in his *abandon* to pure color.

#### IDEALISTIC AND REALISTIC ART.

But there are two forms of art to be considered—that in which the painter follows his emotions and the feeling which tells him how things should go, and in which, as for the poet with his verse and the musician with his music, the harmony, the fitness or adaptation of part to part, makes a complete and harmonized whole of his work; and that in which the painter sets himself to render nature, and follows her more or less exactly, but always working with primary reference to external nature. We call the former the *idealistic* art, and the latter the *realistic*. It is evident that patience and hard work will always enable a painter who has a correct eye for the visible and material qualities of things to do a great deal without any of those special gifts which are analogous to those of the musician and the poet—what are sometimes designated as the musical qualities of color and form, the subtle sense of harmony of tint and of line, the feeling for grace and beauty in form, and those relations and contrasts of color which for want of better and well-recognized terms, I am obliged to designate as harmony and discord, according to which tints are in accord or opposition as we desire to heighten the ground effect by unison or antagonism. These are all essential to the idealistic painter, while to the realistic nature is the sole and sufficient guide.

But in studying the question of art education in the tender years to which I attach such importance it is useless to distinguish between the tendencies which I have placed in antithesis, as it is impossible to determine

at that stage what form the genius of the future painter will take, or if, indeed, he shall not be a sculptor or architect. To provide for every event the best thing is to allow the free development of the ideal faculties, encourage the activity which will in any case, by the ultimate form it takes, determine the individuality of the artist. Let the wings of the imagination—that supreme quality of the ideal—grow. They may carry him over in triumph, like Dædalus, or they may melt in the sun, like those of Icarus, and let him down to the solid earth again; but he will be none the worse for his flight, and may, indeed, if he is to become a pure realist, carry with him into his nature-study some memories of a higher view of that nature, and, while he settles down to the most absolute realization of the most common-place nature, he will find that when the

“Shades of the prison-house begin to close upon the growing boy.

(Still) he beholds the light, and whence it flows; he sees it in his joy.”

That, let his journey be where and as long as it may, he

“By the vision splendid  
Is on his way attended.”

And art is after all only an epitome, or maybe type of the higher life, in which he holds best to the end who retains most of the child-nature, and preserves longest from common and sordid care the enthusiasms and prophetic visions of his childhood. For this reason I believe that there can be no erring on the side of too much in the nurture of the ideal faculty in a child who will be an artist, or even for one whose enthusiasm does not care to hold on to the real business of life, and who finds in the manufactory or the counting-room the mould of his mature life.

#### WHY WE HAVE NO GREAT ARTISTS.

The question is continually asked, Why do we no longer have artists like those who illustrated the bloom-time of Greece or the golden renaissance of Italy? Why does the work of all our modern men, no matter what may be its executive facility, shrink

into insignificance beside the Elgin marbles of the Sistine Chapel, the Stanze of the Vatican, and the great Venetian work? I will couple another question with it, and answer them together: Why is our modern life so indifferent to all purely art influences that we clothe ourselves in ugliness, dwell with indifference in houses made to shock all sense of beauty, and live and die with no higher perception of the value of art than that it may serve to prop up human vanity by portraiture, or at best to relieve the wearied eye from seeing only bare walls in our homes? The answer is one: that the modern life is so completely immersed in material pursuits and ambitions, connected not with the ends but with the means of life, that as soon as our children's intellects begin to harden they are taught to take the shapes of business and worked into the forms best fitted for getting ahead in the world. The sense and perception of all ideal things is stifled in the nursery, and the “idle” propensities of the might-be poet or painter coerced into arithmetic, grammar, and geography, in utter indifference to the law that if the man is to have any individuality, or his idiosyncrasy to ripen to its fulness, these first years are of vital importance, and that thus indications of tendency or character are to be watched and tended with at least the care a florist gives to some new variety of a plant whose best strain he is trying to cultivate.

Then, having boxed up our young mind as if in a Chinese shoe, if, later on, we find that there is an uncontrollable bent towards art, we lament it as a vagary, and abandon the child as a hopeless and profitless Bohemian; and he takes the only line left him and begins too late to exercise his cramped faculties in some school of art, where they set him to stiffen them still more over plaster casts until he is competent to take the advanced step into the life-school and train his art-gifts in *pose plastique*—how to represent a model who sits an hour at a time in some pose no human being but a model would ever stay two seconds in. I will not say that there are no artists who have survived this method, and so far resisted the



destructive influence of it as to do work worthy to be kept, but I am surprised at the artistic vitality which survives.

We have no American school, no American art, in fact; not merely because our painters go to Paris and Munich to study, but mainly because a national individuality in art can only be developed by the aggregate of personal individuality, and by our systematic neglect of the ideal faculties, beginning in the nursery, we suppress all ideal individuality of the boy, or of the American, and finally turn him over to nature to be educated, not knowing that a naturalistic art cannot be a national art in any of the higher aspects, because nature's is a procrustean standard and amputates or stretches all men to one measure, that of absolute fidelity to an externality which can be neither individual nor national. A realistic school can never rise above a very moderate level. Nature can't go wrong, but she can't go beyond herself, and is only good as a servant, never safe as a guide, to the higher power of art. She obstinately and eternally ignores and abhors the ideal.

#### BEST METHOD OF EARLIEST ART STUDIES.

What shall be done, then? It would be something if we could have schools for children where they would be taught, or rather allowed, to work out this problem of the ideal in perfect liberty guided by sympathy and the knowledge they need; where the embryo artist should be permitted to stain paper with good water-color and waste it with good pencils in useless efforts to embody even the most infantile conceptions, under teachers who could understand the childish ways of seeing and working, teach the elementary processes and combinations of color and the primary notions of good execution, always in a way to help the child express its own conception. In default of such schools what the parents may do is, or may be, of vital importance. They may not be able to give much technical assistance, but the next best thing they may do—let the child pick it up and it will come sooner or later, for the human mechanism is always

the same. They should give a child who shows any disposition for pictorial activity clean paper and a box of good water-colors, not to exceed half a dozen colors, and show him how to dissolve the color without making a 'suds,' and then how to wash simple tints, how to make greens and grays and browns by mixture, and as far as possible to get the tint it wants without muddling; and always to encourage working with color rather than with pencil, for this purpose giving him woodcuts to color, etc., until the desire for new forms arises, when he will take to the pencil if needed, but always as subsidiary if there be any real feeling for color; and in the contrary case, as in children who take to caricature, the pencil will be all sufficient, and make a language of its own. Doyle, the famous illustrator and caricaturist, grew up in this way, and never used a model for any design.

Suppose, for instance, that the child will draw a horse. Let him draw it freely and as he conceives it; then, by way of instruction—supposing he is old enough to take it—show him by comparison with a live horse wherein his fails, and next time he draws a horse it will be more like. To set him to draw the horse precisely from nature is to give him an idea of a horse in immobility. Look at horses he must, and be taught little by little to correct his idea, whose early imperfections will not annoy him as they would when his intelligence is more completely formed, but the conception and the knowledge will grow together, and the child will never be ashamed of its imperfect work, but enjoy it, and work with pleasure through the long development of its childish ideal to mature knowledge. The essential in art-training for children is to keep alive the keen enjoyment in their work, and to let them work out their knowledge of nature by their own growth in art. To set children to draw from nature is to put them to run against a stone-wall—it confines, arrests, or diverts the normal development; it is a captivity, and generally ends in disgusting the child with art if he have any genuine invention or individuality.

It may be that in the end all this will come



to small fruit ; this is the chance all human development must risk. It will do the child no harm, and, in my opinion, it is the only opening to the highest forms of art, either in the individual or in the nation. Give the child after this other education ; enlarge his mind by knowledge of books and men and art, for a large mind only can entertain large ideals ; but let art get the start over all other

forms of training or education. Above all things keep science far in the background, for its spirit is most antagonistic to that of art, especially physical science, anatomy—even “for artists”—geology, etc., etc., all which tend to make an artist see things as they are known to be and are constructed, not as they seem to be to the sense of beauty and the uses of art.

## TOYS FOR SMALL AND LARGE BABIES.

BY H. T. L.

“IF I could have had such a tool as that when a boy I should have felt that there was nothing more to wish for. What ecstasy to have worked out these graceful patterns ! Ah ! the boys of this generation do not appreciate their privileges.” The speaker was a man of about forty years of age, whose childhood had been nurtured after the most rigorous fashion on a New England farm, where toys, save only the rudest, home-made sorts, were unknown and unheard of. It was evident to him that the scroll-saw he had just brought home to his little son would afford amusement for a week or at most a month, while the homely jackknife of his own youth had furnished entertainment and companionship for many an hour.

However, all things have changed, and the spirit of progress that has multiplied facilities of work and travel, and has left its mark even upon the old New England farm, has not slighted the child's world.

### VARIETY THE CHIEF DEMAND.

The age that has called forth a special literature for children, and adorned it with illustrations whose tones and tints are of high artistic merit, has cast its kindly light also upon the realm of children's toys, and rightly, too ; for whatever affects, even remotely, the interests of the small men and women is worthy our most careful scrutiny. It is only needful, in this multiplicity of provisions for their pleasure and welfare, that we as mothers guard against fostering a spirit of discontent in the nursery by an unwise lavishness in the purchase of toys. It would be well for us to take a lesson from Whittier's barefoot maiden, who weaves in with her day-dream of love and luxury a thread of

very shrewd elder-sisterly good sense when she plans that “Baby shall have a *new* toy *each* day.” It is variety rather than numbers that Baby demands. Easily pleased with a new toy and as quickly wearied of it is the little autocrat whom we are to attract, win, soothe, divert, and pacify by turns ; and that toy best answers its purpose that serves any of these ends and leads the child one step farther in the path of self-knowledge and self-control.

The holiday season, now so near at hand, sets before us such a bewildering array, such skilful devices, such cunningly wrought toys, many of them better fitted to attract the admiration of the grown-up shopper than the approval of the children for whom they are purchased. Just here let me suggest that an excellent rule for grandpa or auntie is “put yourself in his place.” Your grandson and niece are thorough utilitarians, to say nothing of the vandalism that is incipient in all strong, youthful natures, and the toy that must be set up out of reach of destructive fingers soon receives the scorn and indifference it merits.

### WORTHLESS TOYS.

Let us first apply Wordsworth's law : “Delight and liberty, the simple creed of childhood.” This test will eliminate from the list of desirable toys nearly the entire class of clockwork toys—at least all such as are of a delicate nature or are not easily manipulated by the baby's own fingers. What delight can he take in a plaything that can only be set going by mamma or nurse ; or what liberty of investigation in the handling of a frail piece of mechanism whose workings are an unknown quantity to its owner ?

Let the toys we furnish our little folks be

strong and well made. It is often said in justification of the purchase of cheap toys, "Oh! they please the babies just as well as the more substantial and costly playthings, and they last until the children tire of them." This seems plausible enough at first, but the fallacy is quickly detected. Though the delight in the new cheap toy may be just as genuine while it lasts, who cannot recall the look of disappointment and grief in some little maiden's face when dollie's head crumbled in the grasp of the chubby fist or the slightly-glued furniture fell to pieces in her hands? The experience of a single Christmas is enough to convince one of the unwisdom of buying a profusion of cheap, worthless toys when one remembers the débris of the weeks succeeding the holidays—the trumpets whose notes are stilled, the broken drums and engines, and the Noah's ark whose entire procession is in condition for hospital treatment. Let us then limit the number of toys and select with greatest care such as are strong and well adapted to the use and amusement of their owner.

#### RATTLES AND BLOCKS.

The rattle is the toy which by consent of common experience is adapted to the first dawning intelligence of the babe. His fingers close about its slender handle in their first nerveless, wavering grasp, while he takes the first lessons in the relative relations of touch, sound, and sight. The dark-colored rubber rattle would be the most desirable did not Baby assert himself here and cast it aside with scorn. I have never known a child who would not spurn the safe, useful rubber rattle and reach eagerly for the shining tin or the ivory with its tinkling bells. Neither of these is harmful if the mother will first assure herself that the tin has no sharp edges to scratch the tender flesh and that the bells are securely fastened. But Baby is both fickle and progressive, and as he throws his rattle aside he tries his 'prentice hand on a box of blocks. Now there are blocks and blocks—from the small solid cubes with alphabetic decorations to the larger hollow cubes whose outer surface is gay with legends of Mother Goose. One little man of three years, just convalescing from scarlet-fever, found a never-flagging delight in a load of blocks brought to the house for fire-kindling purposes. These were smooth sticks, of various size and shape, out of which he built railroads, churches, boats, school-houses, everything that was known to the limited experience of his three years. This taught me to believe that after the first two years of babyhood va-

riety of form and size is more desirable than picturesqueness of design, since it calls into play the faculties that choose, combine, and adapt.

#### DIFFERENT TOYS FOR DIFFERENT DAYS.

Toys, in common with all mundane appliances, have their times and seasons—those for fine weather and out-of-door use, and others to be held in reserve for the shut-in days, when the invention of mother and patience of both herself and her young charges are sorely tried.

I saw in a toy-store a few days ago a shelf marked *Sunday toys*. Though this novel idea calls forth a smile, is it not worth considering? One of BABYHOOD's first principles is "begin at the beginning," and the nursery cannot too soon be taught to recognize the "change o'er all familiar things" that once in seven days falls upon the household. I would not make the day irksome to the little ones, and consequently intolerable to their elders, by attempting that cruel impossibility—keeping them still. But why not have the usual week-day toys laid aside on Saturday night and special ones brought out for the day, these in turn to be laid aside on Monday morning?

#### ACCIDENTAL PLAYTHINGS.

The very word toy implies something that is intended to amuse. Very many of the most elaborate and costly toys only do this for a short time, as long as they are new, while some article that, by accident, the child has become possessed of is a daily source of pleasure.

As I write my little girl of two sits on the floor with a button-hook in her hand trying to button and unbutton her little boots. She is not *playing*, rather she is working; but she is interested in what she is doing, her attention is concentrated upon it, and she is happy. We do not give her the hammer and looking-glass, but some equally queer articles. We let her have a Dover egg-beater.

"Suppose she should break it?" What if she does? It costs much less than ordinary toys, and serves her vastly better. When she had learned to put the end of it in a little dish and turn the wheel—"just as mamma does"—she was happy, and her pleasure in her new plaything lasted for weeks. She would not hurt herself seriously with it, and, finding that there was one way in which it acted and made a noise, she did not throw it about or use it as a hammer, but used it properly, came to have a high regard and, I have no doubt, a deep respect for it. Another plaything is a clean lamp-burner, with a long piece of wick knotted at the ends so that it

cannot fall out, or with the ends sewed together ; the child can turn the thumb-screw and make the wick move, and thus find much pleasure.

#### EXERCISE FOR THE BABY'S POWERS OF OBSERVATION.

We should furnish the child with such playthings as will cause it to expend *effort*, so that it may find happiness in *doing* something.

Let us take a rubber ball, to illustrate. After the rolling and bounding has become an old story,



FIG. 1.

it is a new experience to find that it can be squeezed flat, and that it will then fill out again. Here effort is called for, and rewarded by experience. It is a dull child that does not smile or exhibit interest when this new quality of the ball is disclosed. The ball should be of the thinnest and lightest kind.

When it gets cracked it is not a matter for grief ; it is not past usefulness, for now it is

destined to endure martyrdom ; it is to become also most entertaining. The little fingers soon discover the crack, and proceed industriously to widen it. Day by day the work goes on, and at the end of each effort the ball is practically a new plaything, because the effort expended upon it has produced a visible result. When at last the ball is in two halves each half is a distinct plaything ; though a bright child will recognize the halves as parts of a whole, and, having one, will call for the other. The parts can now be put together as they properly join, or one can be placed within the other, cup fashion, and thus afford fresh entertainment. A broken toy is not therefore disqualified. Most people have noticed that the child regards the broken toy with as much, perhaps more, pleasure than when it was perfect. Perhaps what we call breaking, with the child may be *making* ; by breaking its toy the child has got acquainted with it, and has a deeper interest in it as the work of its hands.

The more simple the toy the happier the child, and happiness, not excitement, is the greatest good of babyhood. A load of sand in a corner of the yard, a wooden pail, shovel, and that fascinating wooden toy known as the sand-mill, will keep a restless two-year-old in a

serene content for hours. If a small watering-pot and a handful of flowers or even of wooden toothpicks be added to his possessions his bliss will reach its climax, and, provided that he is properly dressed, no one will be much the worse for it.

#### KINDERGARTEN TOYS.

Since the kindergarten has become a feature of every city and large town the value of the toy as an educator has been recognized and its character vastly improved. Even the plain and practical mother, to whom the ideal symbolism which the zealous kindergartner finds in his system seems absurd, and who laughs at the notion of *educating* her year-old darling, is beginning to see the advantage of the sensible playthings, which are so harmless and full of interest. Descriptions of these toys are already being given in BABYHOOD's kindergarten series.

#### HOME-MADE PLAYTHINGS.

But I doubt if any of the attractions of the average toy-shop will furnish more pleasure than the home-made playthings which a loving ingenuity will devise. The worsted doll of stolid and impassive feature or the rag-baby, which has already filled two generations with delight, will receive a genuine affection which the Parisian waxen beauty fails to excite. My own boy's favorite rattle was a tin box filled with beans ; later, he would play for hours with a large knitting-needle, upon which he could slide empty spools ; a basket of clothes-pins still contains infinite entertainment, and the "sliced animals," which I make myself by pasting stray leaves from his picture-books upon pasteboard and cutting into regular strips, are quite as satisfactory and much less expensive than the more intricate affairs of the shop-windows.

A child of two years should be able to play with beans, pins, marbles, etc., without putting them in his mouth ; when he is three he ought to handle intelligently his mother's scissors and his father's hammer. With these his resources are limitless. Of course the careless, disobedient, and mischievous baby will always find his



FIG. 2.



means of enjoyment limited, and will be deprived of what is to others innocent recreation. The joys of the lead-pencil are not for him; mamma's dainty parlor is forbidden ground, and Bridget banishes him from her enchanting domain with little ceremony. For his own comfort and that of other people he should be taught obedience and carefulness. Above all things, a child loves to imitate, and provided with a certain amount of discretion he may be indulged to a considerable extent without harm. One little lad of three years uses scissors, pencils, rake, hoe, and saw without injury to himself or others; has already tasted the joys of sweeping, dusting, weeding, watering the garden, etc., and all this without being a terror, or even in the way. A busy child is rarely a cross one, and a little trouble and forethought on the mother's part will earn for her many a quiet hour of rest.

NECESSITY OF CONSULTING INDIVIDUAL TASTE.

Every child's mind, as soon as it begins to work at all, exhibits certain peculiar tastes and tendencies. These must always be considered in



FIG. 3.

neither need be thwarted or dwarfed. Give the embryo naturalist all sympathy in his love for bugs and worms and flowers, and fit yourself to simplify for him the information he is so eager to attain; but teach him also order, manual dexterity, and patience, and he will thank you in later years more than if you make him a marvel of intellectual precocity.

There is a moral element also to be considered in this matter, as in all matters that concern the welfare and happiness of children. Perhaps

if the moral bearing of the subject were duly considered the selection of *playthings* would be found to be as important in its way as the selection of *playmates*.

HINTS FOR CHRISTMAS.

While there is almost no limit to the number of home-made toys that may be mentioned, I will close this article with descriptions of a few which are unique and especially adapted for Christmas tree decorations. Enough of the butterflies and candy-men can be placed on the tree to provide every little guest with a pleasing memento of the occasion.



FIG. 4.

*Snow-man.*—For the body take an empty spool and wind about the middle with fine, white Canton flannel until it forms an even cylinder. A ball made of white muslin stuffed with cotton-batting forms the head, which fasten to the body. Cover the head with a thin layer of the batting, but wind several layers around the body, shaping the arms out of the uppermost one. Black beads serve for eyes, black pencil marks for the brows, and a red one for the mouth. A cocked-hat of black paper with a red feather and a wisp of fine grasses complete the doll (Fig. 1).

*Candy-man.*—Figure 2 shows the frame of this unique doll. The legs, made of straight pieces of wood, are firmly fastened to a small slab of wood covered with gilt paper. The body is made of pasteboard, the arms of wire covered with batting, and the head borrowed from some cast-away doll. The arms and legs are clad with red paper-muslin, and a loose shirt is made of the same material. The latter, as well as the ankles, are decorated by rows of fringe pasted over each other and cut from gilt or silver paper. To the paper-muslin sew rows of candy-mottos in the manner shown in Figure 3. The arrangement of the colors is



FIG. 5.

if the moral bearing of the subject were duly considered the selection of *playthings* would be found to be as important in its way as the selection of *playmates*.

left to the taste of the maker. The head-covering consists of a paper cornucopia, such as comes filled with small candies, the feet are covered with slippers of colored paper, a gilt star decorates the breast, and the arms hold a Santa Claus and candy-baby, or any other little candy or china ornaments that may be at hand. The larger the doll the more candies there will be to pull off by eager little fingers, which is the fore-ordained sad ending of the candy-man, but a fine frolic for his defrauders.

*Butterfly.*—This can be made in various sizes and hung among the green branches of the tree by a fine wire; it makes a very pretty ornament. The shape of the various parts is easily copied from the picture. Two parts are cut for the body of gold or silver paper, the latter being first pasted together, so that the wrong sides meet, and the scaly appearance of the body is effected by denting from the wrong side with a

knitting-needle. The shape of the head is produced by marking in the same manner with the knitting-needle. Between these two body parts the wings, the upper of red and the lower of blue glazed paper, are fastened. Little dots and stars cut of gold paper decorate them (Fig. 4).

*Lantern.*—The bottom of the lantern consists of a circle of card-board about one-and-one-half inches in diameter (Fig. 5). The sides are 3 inches high, cut in scallops at the top and made of white and colored glazed paper, the latter cut in a pattern and gummed over the white. The bottom is covered on the outside with gold paper cut large enough to reach a little over the edge. Narrow strips of gold paper bind the top, and a fine gold wire constitutes the handle by which it is hung up, having first been filled with candies. It is, perhaps, needless to append the caution that all the confectionery should be of the simplest and most harmless kind.

## THE KINDERGARTEN AT HOME.

BY GRACE C. KEMPTON.

### III.

#### CULTIVATING THE SENSES.

"Nature never hurries; atom by atom, little by little, she achieves her work."—*Emerson*.

**I**N addition to the cultivation of the senses obtained through the correct use of the kindergarten gifts and occupations, Froebel advocates special exercises for the sense development, which may be used with or without the gifts. We have already spoken of the use of the touch in the first and second gifts, but profit and delight will attend further exercises which develop the sensitive finger-tips and give the child a more acute power of exploring objects about him with his fingers alone. Many exercises have been arranged to develop the power of each sense, and many more may be invented by the thoughtful mothers eager to see their children grow into fuller possession of their faculties.

#### OF TOUCH.

To develop the sense of the touch let the children try to distinguish and describe each object in a small collection; name different pieces of furniture by feeling; recognize their playmates by feeling their faces, hands, hair, or clothing; feel of shells, sticks, and leaves, and tell all they can about them; of stones, buttons, worsteds; distinguish yarn from wool, and the different degrees of coarseness in wools or yarns; feel of the different gifts with which they are familiar,

telling all they can discover with their fingers; find and tell the qualities of all objects, of what they are made, etc.

Let one child lead another blindfolded about the room, the blinded one touching different objects, and telling what they are, of what made, for what used, etc.

As the pupils advance you can give more difficult exercises in touch, until the nerves of feeling are very active and sensitive.

Prick outlines with a coarse pin, and let the child tell what the outline represents by passing his finger over the roughened surface of the "wrong side" of the paper. This exercise is somewhat intense, and should not be used until the child is well advanced in the development of his senses, and then only for a few minutes at a time. Children of six and seven years who have had previous training can be taught to recognize the outlines and serration of familiar leaves, as oak, maple, the finely-serrated birch, simple willow, and other leaves; also to distinguish different grains, seeds, and bulbs (as potatoes, onions, beets, etc.); to tell which finger of your hand you place upon theirs, letting them feel only of that separate one, not where it joins the hand or next finger. With very young children we must confine ourselves to much simpler exercises, and always proceed to the more difficult very gradually.



## OF SIGHT.

For exercises to develop acute observation with the eyes, pass the same small collections used before quickly by, and then, covering them, see what child knows all the objects in the collection. For children of three or four years a saucer containing a spool, a button, and a marble will do to pass at first. If they can name these three objects after a mere glance, and with a second or third glance can tell you whether the spool was black or white, the marble dark or bright, and some one fact about the button, they are ready to have you add one or two more objects to the saucer, and so increase the difficulties.

One pretty exercise in observation and language is often a regular kindergarten exercise. As the children sit in the semicircle of small chairs the kindergartner asks the first child to tell what he saw on the way to school. Perhaps he answers, "I saw the blue sky." As he finishes, the kindergartner asks, with a look, the next child, who must be ready to tell what he saw. Thus it continues, until each child has mentioned some one object which attracted his attention upon the walk.

Nothing, perhaps, better shows the effect of a fine kindergarten training upon little children than these exercises in observation. The novitiate pupil, though with just as fine a mind and bright an eye as those around him, looks utterly blank when the question is asked him, for the first time, "What did you see, dear?" and, after a long pause, answers: "I didn't see anything." A good way to meet this answer is to cover his eyes and show him just what it means "not to see anything." Soon he will realize the difference between *seeing* nothing and *thinking* of nothing which he sees.

If you have several children in your nursery, there are charming games which can be used accompanied by songs. One of the prettiest is:



1. When we're play-ing to-geth-er we are
2. Now tell lit-tle play-mate who has



hap-py and glad; In bright or dull  
goue from the ring; And if you tell



weath-er we nev-er grow sad.  
right-ly we will clap as we sing.

This game is played in the circle with the kindergartner, who motions to some child to

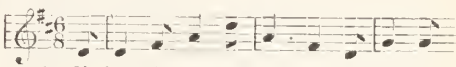
come to her. While those in the circle are singing the first two lines this child looks sharply around, noticing each child and his position in the ring, then hides his face, when another child is chosen to step behind her. At the words "Now tell little playmate" the one on trial looks about him and tells the name of the hidden child and his place in the circle, when all join in the gentle clapping to the tune sung with "La, la," as applause and congratulation.

Surprise your child by gently drawing his head into your lap and asking him to tell you all he can about any picture which hangs in your room, the color of your dress, or to answer any simple question to call in play his powers of sight and observation. When you release him his interest in his surroundings will be greatly increased.

To arrange colors from a collection of bits of worsteds or silks, putting all the reds, blues, and yellows together, then arranging them in the order of their shades, is a good exercise for the eyes and observation.

## OF SMELL.

To deveiop the sense of smell, flowers and fruits are used, and a pretty flower-game is played with the children in a circle, one in the centre holding a basket of flowers. The song explains itself; the child who has the basket selects one and puts it to the nose of the playmate who is chosen.



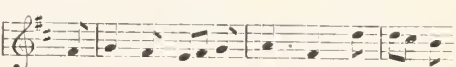
1. Oh, love-ly fra-grant flow-er, Pray come and



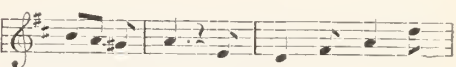
join our game, And to our lit-tle



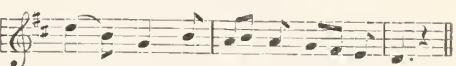
mate, Tell soft-ly uow thy name.



Now take this lit-tle flow-er, You guess'd its



name a-right, But place it in cool



wa-ter, To keep it fresh and bright.

To recognize woods by their odors is another good nose exercise; also some foods. To take a walk with your children, giving them these little exercises as you wander on, adds a charm

to the physical exercise which the children soon eagerly claim.

#### OF HEARING.

With the ears there are as many ways of development, which may be used until the child whose parents claim that he has "no ear," can not only keep time and tune in a simple melody, but recognize each tone of the scale.

Prof. Batchellor has instituted an attractive way of using the balls of the first gift in connection with the exercises in hearing and singing. Each ball is used to represent a tone, beginning with the red ball, which represents Do. In his lectures Prof. Batchellor shows quite plainly how there is an actual symbolism and connection between the colors and tones. Practically the idea is very useful, for the bright balls, with which the child has become so familiar, are much simpler and more attractive to use as symbols than any written notes. Children whose ears and voices have been cultivated by this training sing little tunes by the balls, the kindergartner holding the symbol of each note up in turn to indicate to the children what tone they shall sing.

In this way, too, those who have an "eye," but no "ear," are more easily led into the cultivation of the ear.

The ear may also be cultivated by listening and learning to recognize the voices of friends and playmates. A pretty game is made out of this exercise, too. The circle surrounds one child, as before; this child is blindfolded, that he may depend upon his ears alone. When, as the song says, "he taps his stick," and the circle becomes motionless, he gently points it toward some child, who, while holding it, sings the tune to the syllable "La, la," when, if possible, the blindfolded child tells who the singer is.



1. { Let us pace a - round in sing - ing,  
{ When you hear him, do not lin - ger,
2. { Sing the tune now I am sing - ing,  
{ If I fail, your mer - ry laugh - ter



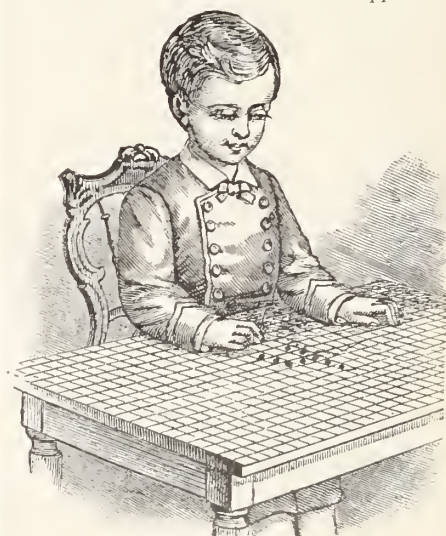
Till our play - mate taps his stick, }  
Sing your an - swer soft and quick, }  
Till I right - ly guess your name, }  
Will not harm or spoil the game. }  
La, la, la, etc.

The notes of birds and the chirp of insects are exquisite means of trying and developing the power of hearing. With young children raps, knocks, whistling, or singing, in different parts of the room or floor, make good first exercises.

When we reflect that artists in every branch excel in their arts because of the exquisite development of some special sense, can we help realizing that our children will gain and be much better equipped for their life-work if helped into fuller possession of their senses?

#### AID BY CHECKED TABLES.

There seems to be no point where the development of the child may be advanced which Froebel has overlooked. Indeed, it appears at



KINDERGARTEN TABLE.

times that nothing short of true inspiration could have made him so thoughtful, so careful not to lose any opportunity to benefit the child morally, mentally, or physically.

One of the most practical of kindergarten ideas is that the table upon which the child uses his material shall be marked with lines, covering the surface with inch squares. With every material these checks are used—in following directions, in designing, to insure evenness and accuracy, and in lessons in place and direction. With a small child, useful and pleasing lessons in place and direction may be given with buttons or beads. Sometimes button-moulds are used, and, when the directions are followed, the lesson is finished by the child's stringing the moulds in alternation with the beads.

If the child is not yet able to count to a square which you direct as a starting-point, you can lead him to find it in different ways. Ask him to find the edge of the table in front of him, then to let his finger travel until you command it to "Halt!" which you do when he has

reached the desired square. Keeping his finger upon the square, you ask him to place with his left hand a button in the middle of the square. Now he has his centre, you can proceed to direct whatever you wish until "right," "left," "behind," and "before" are as familiar to him as "up" and "down."

Let the result always be a surprise to him. Begin with directing forms of life, not of beauty, because "in the development of the life of the individual the general traits belonging to the race, as we trace it in history, may be seen"; therefore these will first appeal to him.

Madam Kreige says again, in *The Child*: "It is an internal necessity that the development of individuals should pass through the same phases as that of all humanity, because their destiny is the same—happiness; or, according to Froebel, 'joy, peace, and freedom.'"

That the manner of directing may be clearly understood we will give one series of directions,

the outline to be indicated being the side view of a chair. Supposing the starting square has been found and the button placed, we would continue as follows:

"Place a button in front of the one placed, another behind the one you first placed, another behind that last placed, and still one more behind. Place a button at the right of the one you first placed, not touching it, but in the centre of the square; move it back until it lies beside (not touching) the next button. Place a button at the right of the one last placed. Place one in front of the one last placed. Place another in front of the one last placed." And the outline of the chair is completed. When the child has an idea of number the director has simpler work, as she can say, "Place this button beside the fifth on the right," etc.

The mental discipline, the broad field for the self-activity of the child's body and mind, are apparent in these lessons of direction.

## TO THE FOURTH BOY.

So you have come, you little rogue,  
To join the boys,  
To roar, to riot, and to romp  
With dreadful noise;  
Knowing that we already have  
Three of your kind,  
And tax our wit's devising ways  
To make 'em mind!

Had you no fear that we might think  
We had enough,  
And so might greet you coldly thus:  
"Sir, *quantum suff*.  
We're rather tired of tops and drums,  
And such like toys.  
Pass on; you'll doubtless somewhere find  
A lack of boys?"

You hadn't? And you mean to stay?  
Well, saucy lad,  
Pluck wins!—although a girl's sweet face  
Had made us glad.  
Say, did you see—from heaven to earth,  
As you did pass—  
Soft-eyed and gentle, anywhere  
A little lass?

A little lass whose waiting soul  
Her kinship knew,  
And sent a message down that she  
Would follow you?  
Ah! whether so or whether not,  
Since you are here,  
Come in and share our warmth and love—  
God bless you, dear!

—Mrs. George Archibald.

## NURSERY PROBLEMS.

### Threatened Bow-Legs.

To the Editor of BABYHOOD:

I have a perfectly healthy, strong baby-boy eighteen months old. He has twelve teeth, and four more are nearly through. He has never had that curse of babyhood, colic, and sleeps and eats splendidly. For breakfast he has bread and butter, about three-quarters of a pint of milk, and a saucer of either oat-meal, hominy (small), rice, farina, or cerealine flakes; for dinner, a baked potato with plenty of milk on it, bread, and about the same

quantity of milk (three-quarters of a pint); for supper, steeped crackers, bread and butter, and milk. He will not eat bread and milk. Is this all right?

He began to stand on his feet when only nine months old, and as he was very fat I tried to restrain him, but it was simply impossible. The little fat legs would not stay "put" anywhere. I watched him very carefully, and about six months ago discovered what has since grown more apparent—that the right ankle curves outward, thus throwing the foot inward, and a *very slight* bow-legs



is formed. The *left* leg is perfectly straight; the right has no curve at the knee yet. Will you suggest anything that will be best to do? I have read the article on this subject in *BABYHOOD*, but it does not seem to meet this case. My beautiful boy must not be marred for life, if it is possible to prevent it. If time will cure it, with Nature's aid alone, I do not wish to try anything else, such as a surgical operation or a brace. When I rub the ankles at night with my hand both legs seem to be perfectly straight. He has lately complained that my rubbing them "hurts Baby."

My real physician lives in Brooklyn, and it is a long ways to take the baby for advice. Besides, he is a surgeon, with a specialty for diseases of the feet, and I am afraid he may suggest an operation.

Cranford, N. J.

M. C. H.

The diet is very good, with one exception in view of the leg trouble: there is an undue prominence of starchy articles in it. Bread, hominy, rice, farina, potatoes, and crackers are all very starchy, and all need patient chewing to insure the best nutrition. We would suggest the use of oat-meal more frequently; the bread and potato will give starch enough. He may not, as a result, be as fat as now, but he will be quite as strong, and, if thinner, have less weight for the bending leg to carry.

If the curve is in the leg-bone itself, either there should be constant manipulation under the advice of a competent surgeon, or some light support should be worn. Probably the very best thing you could do would be to consult your "real" physician. The fact that he is a specialist does not make him more likely to recommend an operation, and, indeed, we will venture to predict that he will not propose it in your child's case.

#### Day and Night Tribulations in the Crib.

To the Editor of *BABYHOOD*:

I was greatly interested in the articles published in your magazine on "Putting the Baby to Sleep," but as I have had considerable practice and not much success in that line, I ask for further information.

1. As I have more babies than bed-rooms, how shall I manage to put two in the same bed, and keep them from playing or fighting? I have another in my arms at the same time.

2. By the time a baby is weaned he is probably not old enough to keep from falling off the bed. Then how can a mother leave him to go to sleep alone? For want of an answer to this I rocked my baby till she was eighteen months old; then, as she was very regular about her nap at eleven o'clock, I decided she should learn to go to sleep alone. The first day she cried half-an-hour, then shortened the time every day, until by the end of the week she was asleep in about ten minutes. I kept it up for about three weeks, but every day she would cry when I put her down, and beg piteously to be rocked, seeming to take it as a punishment; but as soon as she began to understand that I would not take her up she stopped going to sleep, would cry awhile, and then go to playing. So when one day she played in the room alone for an hour, and then

would not go to sleep for an hour more, I concluded that I was doing more harm than good, and went back to the old way, which does not usually take much time, but is often inconvenient. I would like a better way.

Mankato, Kan.

E. E.

1. This is rather difficult to answer, as you do not state the age of either child. If the eldest is three years it is old enough to obey you perfectly, and should understand that the bed is neither to "play" nor "fight" in; and the second child should, from example, understand equally well. You will have no trouble in this respect if your children understand that when you speak you mean to be obeyed, and this they will learn as soon as they know that disobedience is followed by a penalty, which can be very mild if only *invariable*. Children naturally love their mother and want to please her; and if they have had a happy day of play and fun there should be no trouble. After the little prayers are said and the good-night kiss is given, in hushing them to sleep. We assume that the bed is large enough for both.

2. Rocking the baby is a bad practice, though a very dear one; the child is better without it, and will never know the want if *from the first* it is laid on its little bed to rest. But it is cruel to stop suddenly after Baby has learned to love mamma's arms, and your only way now is to have her learn by degrees to love her bed. A busy mother should never begin to rock her baby, for the knowledge that other cares are pressing will generally make her impatient, which is a far worse result for both herself and the baby than the omission of rocking could possibly cause. To prevent its falling from the crib you can have a little portable railing made for the side, high enough to prevent its climbing over. Descriptions of such were given in *BABYHOOD* Nos. 9 and 15.

#### Unusual Hunger at Night.

To the Editor of *BABYHOOD*:

I am in considerable perplexity, and come to you with my troubles, feeling assured that you can help me. My little girl is nine months old. When she was five months old I was obliged to supplement her natural food; at seven months I had to wean her entirely. As this change had to be made at a season when the thermometer was often in the vicinity of 100°, I hardly dared to give her cow's milk, and so fed her for two months partially, and then for two months entirely, on Imperial Granum, prepared with water alone. On this food she thrived finely, and from a rather delicate-looking baby became the picture of health. But now that she is beginning to cut teeth a change has come over her general health. Her bowels seem entirely out of order, being first very constipated, and then moving eight or ten times in the twenty-four hours, not one of the movements being at all satisfactory

in quantity, and generally accompanied with pain. I am now giving her cow's milk, as I was advised to change her food on account of her digestive troubles. The bowels, indeed, seem improved, but there is room for more improvement. Although the milk she has is of superior quality and is given to her undiluted, sometimes even enriched with pure cream, it does not seem to satisfy her as the Granum gruel used to do. Whereas for the period between her fifth and ninth month five meals in the twenty-four hours were amply sufficient, and four often all that she would eat, she now demands a sixth, and that in the middle of the night. This new symptom of her waking at night troubles me a good deal. I can't account for it. Her custom since she was perhaps two months old has been to sleep soundly all night, not waking until the general rising-time. It seems to be hunger that wakens her, for immediately on being fed she goes to sleep. Her habits of sleeping during the day are still, as they always have been, good.

I have written at this length that you might have sufficient data before answering the question of what I am to do about her food. As regards the constipation, I have a horror of physic. As regards the hunger at night, I have a decided objection to its continuance. She ought to sleep from eight to six, as she used to do.

PERPLEXITY.

*Mandan, Dak.*

The sooner you rid yourself of your "horror of physic" the better, if you mean by "physic" the advice of a physician. Your child may or may not need medicinal treatment, but that is a point you can only settle by consulting a physician. So far as we can make out, your baby's restlessness and hunger are due to the same cause—namely, indigestion, and probably intestinal irritation of some sort. She needs a carefully ordered diet. Usually a child of nine months does not take undiluted milk of good quality, and the addition of cream was in the wrong direction, unless water were added also. If food is of easy digestion, any lack of richness can be usually made good by greater quantity, but if it is so rich as to be indigestible its richness is thrown away; any increase in quantity only aggravates the digestive disorder, and, on account of imperfect nutrition, may increase hunger.

As to a diet, beyond this general suggestion we cannot advise, because very many points are lacking in the description upon which a physician would depend in choosing the particular method of feeding.

#### Hours of the Baby's Naps, and Other Queries.

To the Editor of BABYHOOD:

1. How many hours long should a well, hearty baby of three months sleep at night, and at what hour should it retire? Should it take one or two naps during the day, and at what hours should these be?

2. Are there any articles of food that a nursing mother should better never indulge in? I mean, of course, one whose own digestion is in perfect

order. I think lemon-juice and vinegar, if not taken too *continuously*, do not make any impression on my three-months-old baby.

3. Is there any harm in occasionally letting a baby go forty-eight hours without a movement of the bowels? My baby does this about once a fortnight; but there seems to be no desire for it before, and she laughs when she is having it, so there can be no pain with it.

4. Can I have my soiled white afghans dyed and use them without fear of injury to the baby? And if so, what color would be safest?

*Newport, R. I.*

J. S. B.

1. Put to bed not later than 7 P.M.; earlier if your domestic arrangements will admit. As a general rule it is better that Baby be put to sleep before the mother's evening meal, otherwise the latter has to hurry her own eating or keep the baby unsettled too late. A healthy baby of three months sleeps, with interruptions for nursing, practically all the time from tea-time to breakfast-time, the breaks being, say, at parents' bedtime, which we may assume to average about 10.30 or 11 o'clock; a second at 3 or 4 in the morning, and a third which generally precedes the mother's rising hour. Variations of all sorts, of course, occur from this standard, as many babies elect the evening for a "worrying time," and the mother has to conform to circumstances; but the schedule given is about what should be aimed at. If the child will sleep longer than four hours at a time it is well to allow it to do so by all means, unless the mother's breasts become overfull. The baby should have at least two day-naps, and if only two are taken the most convenient times for dividing the day will be at about 10 A.M. and 2 to 3 P.M.

2. There are many articles of ordinary food that every one, nursing mothers or not, would better leave alone. But as to the special restrictions of a nursing mother's diet we may repeat, what we have said before, that it is wise for every such person to avoid those articles—like cabbage, cauliflower, strong turnips, onions, etc.—which have a strong-tasting ingredient that is eliminated from the system (as you might infer from the occasional taste of cow's milk) with the milk. Beyond this group of articles, which might be enlarged, there are many articles which some persons digest perfectly and others only with the formation of much gas, notably starchy things—white bread, potatoes, beans, etc. Concerning such there is no rule beyond individual experience. Lemon-juice and vinegar in moderation do not disagree as certainly as some seemingly more innocent things.

3. The bowels should be regular, of course, but if the constipation never exceeds in duration forty-eight hours, and that only occasion-



ally, and no ill effects are noticed, it may be better to neglect it than to use any remedy. But two or three things should be watched for. First, if the constipation of the child coincides with constipation or any other derangement of your own digestion or health; secondly, if the attacks are becoming more frequent; and, lastly, if they are producing any irritation of the bowel or seat whatever.

4. There are, or were, many harmless dyes, but there are also many harmful ones, and no one without chemical analysis can surely tell the difference. We would suggest that you have the afghans washed or, if costly, scoured by a professional scourer. Many of the harmless colors are not esteemed "pretty" for babies' use.

### Too Frequent Feeding at Night.

To the Editor of BABYHOOD:

Our baby was born early in July. He wakes every two hours during the night to feed from the bottle; is this not too often, and would it do him harm to give him soothing-syrup to make him sleep?

As he is growing rapidly, how soon can I put him in short clothes without danger?

Glen Ridge, N. J.

MRS. C. S.

It is too often. Under no circumstances give soothing-syrup. If your baby demands food every two hours in the night he probably either has insufficient food in quantity or quality (that is, food which does not properly nourish him) when he is fed, or else he has been allowed to contract a habit of being fed whenever he awakes. Many babies awake in the night who can, with a little patience, be put to sleep again without feeding, if they are made comfortable in other respects, and by quenching the thirst which may be present by using a bottle of (warmed) water instead of a bottle of food.

If he is to be short-coated before spring it would be better to do it before cold weather. The lack of length must be made up by extra warmth in leg-covering.

### A Blemish on Baby's Face.

To the Editor of BABYHOOD:

Our baby is now more than three months old. Two or three weeks after her birth a red mark appeared on her nose. We thought at first that she had scratched herself pretty vigorously, but on consulting a physician a few weeks later he pronounced it a "mother's mark," and advised the use of electricity for its removal; this has been applied three times, and the redness has gone from the middle of the mark. Would you advise us to continue the use of the electricity, or could we do better? We dread to have it used, for it frightens the little one very much, and must be painful. Is it likely that the mark would disappear of itself after awhile?

I have heard of saliva being used with success to remove marks, and also that the juice of the milk-

weed plant is good. Is it probable that either of these would accomplish a cure? A. E. P. C.

Morristown, N. J.

There are "mothers' marks" of various kinds and of many degrees of severity. Some of the very faintest ones we have seen fade partly or wholly without treatment, but as a rule they do not. As a mark upon the face of a woman is a matter of great concern to her, every endeavor should be made to get rid of one, if it be of any importance, before the age of self-consciousness.

The saliva is valueless for the real "mothers' marks," and so, too, is the milk-weed-juice. Whatever value the latter has is in cases of the most superficial kind. In this case the continued use of the electricity seems to be advisable.

### Partial Weaning at Ten Months.

To the Editor of BABYHOOD:

I would like to know what is the best dietary for a baby, ten months old, who up to the present time has been nursed solely, and is a strong, healthy child, with apparently not an ache or a pain? He has six teeth, and seems to want to eat when he sees others eating. The nursing is telling on me somewhat, and I fear the child may need something more, he is so active. I shall be deeply indebted if you can tell me of some reliable infant's food to use, or give a dietary suitable for so small a child. I am inexperienced, as this is my first baby, and above all wish to avoid any experiments. S.

Fort Totten, Dak.

With a child of ten months, and with cool weather—which does not favor bowel troubles—coming on, we should not try a "food" at all if good milk can be obtained. He probably would do perfectly well if you began to give him, instead of a nursing, cow's milk and water, equal parts, of about the temperature of breast-milk. It need not be sweetened unless you chance to have milk-sugar, in which case a very little may be used. If it is well borne you may at his age quickly diminish the amount of water to one-quarter. Then substitute the milk mixture for two nursings, and so on, and in two or three months he will be fit for complete weaning. Do not let him eat at first, or at most let him suck a hard crust or a piece of roast meat or steak. As far as possible do not let him "see others eating," for if he is at table he naturally wants, and you are naturally tempted to give him, things quite unsuitable for him.

### Condensed Replies to Various Letters.

Mrs. L. B. S.—The perspiration is probably excessive and due to the same cause as the bowel trouble. The teething is tardy, as you suppose. Of your dietary the milk is correct, the egg probably so—this depends upon conditions of the digestion that are not declared in

your note. The "soup" we do not feel sure about. Some soups are fit for a child of her age, more are not. "Gravy," if you mean the blood of roast meat, is all right; if a made gravy, all wrong; if it is the mixture of blood and melted butter that is often served with a steak, she is probably better without it, owing to the melted butter. Is not your cooky "a sweet"? The infant's food you use is often loosening. We do not think "she needs medical treatment for any unseen trouble," but we do think that if on one of the doctor's frequent visits you were to ask his careful attention to the details of the child's diet, he could, with his opportunities for observing her peculiarities and condition, set you on the road to cure the bowel trouble.

*R., Chicago, Ill.*—You probably read that article too hastily; the addresses you ask for were there. (See page 404, top of second column.) A postal card sent to either will doubtless bring you all the desired information.

*Mrs. J. L., Montclair, N. J.*—Try first widening the intervals of feeding a little. We think the food made with the Peptogenic Milk Powder would be likely to agree, and the gas may be dislodged by giving a few swallows of quite warm water, with a little bicarbonate of soda if there is acidity, before he has his bottle.

January is not a favorable season for short-coating. Why not do it earlier in order to avoid change in cold weather? He will need the long stockings.

*A Young Mother.*—A flannel night-gown with a wrapper over or not, according to the usual night temperature of your nursery. If the child is a restless one make the gown and wrapper long enough to button at the bottom. Better continue the all-wool shirts, if they are large enough, until spring. If they are small make the change before colder weather. We do not think the bands important at any time after the healing of the navel, except that where there is a tendency to bowel troubles we recommend them for protection, just as in adults. The daily bathing is desirable, but, as we have frequently urged, a simple sponging is a bath just as much as immersion; the latter is chiefly to save the mother trouble, and no additional benefit to the child. If the latter is delicate, sponge and dry it part by part, only uncovering so much as is necessary at one time.

*E. S., Worthington, Ind.*—Yes, try the cow's milk, diluting it at first with one half or one-quarter water. For the constipation try oat-meal gruel as a food; for other directions see article on Constipation in November number. We do not think the dress described will be too warm.

## NURSERY LITERATURE.

### Good Books to be Read to Children.

OF making many books for babies there is no end, and as most of them are very cheap—in price and variety in quality—there is little need of enumerating any of them. They are usually to be classed rather as toys, and may be found in limitless variety at any toy-store or news-stand. For the better grades of them—such as may really be regarded as books, and some of them very attractive—purchasers would do well to call upon any of the following publishers, or send to them for a price-list by mail: in New York, G. Routledge & Sons, 9 Lafayette Place, American Tract Society, 150 Nassau St., and the Worthington Co., 770 Broadway; in Boston, D. Lothrop & Co. and Estes & Lauriat.

We can perhaps render a more specific service to our readers, at this season, by describing a few good books, both old and new, suitable for *reading* to very little children.

A book should be a companion and a friend if we are to get real good from it. We all remember the book we pored over in our childhood till its characters were as real as the children we played with daily. So, for the same reason that we would secure our children good companions, we should carefully select their books.

To the little ones whose happiness is centred in the cat we can think of no more fascinating reading than *The Cat's Arabian Nights*, by Abby Morton Diaz. Here we have portrayed the feelings and experience of every-day life from the cat's standpoint. The cat's view of the human beings with whom she lives gives many a useful lesson in kindness to animals, as in the story of Tabby Furpurr:

"Then something dreadful happened. I was chased by boys. They were dreadful boys. They hurt me. They made me tremble. They set a dog on me. I could hardly move, I trembled so. I crept under a rail, and the dog stayed there and barked. I thought he would seize me, but a boy came and took me and treated me kindly, and carried me in his arms to his home. Oh! how I did love that boy. I wanted to stay with him all the time."

How Tabby Furpurr finds out a way of not liking birds, and so covers herself with glory, though quite improbable, is full of entertainment. The story of "The Feeble Cat with Nine Lives," we are sure, will come home to almost any child from her experience with her pets. The style is simple and lively, comprising short, clear sentences, and the type is good. It is also profusely and well illustrated. It is a quarto of 227 pages, published by D. Lothrop & Co., Boston; price \$1.25.

To some boys, even in their infancy, a jack-knife is their greatest pleasure, and if to that is added a hammer and nails their joy is beyond expression. To such a child *A Boy's Workshop, with plans and designs for in-door and out-door work*, "by a boy and his friends," will furnish worlds of pleasure. He will pore over it long before he can read, study the illustrations, employ older brother or sister to read the descriptions over and over again till he masters them perfectly, and in time he will astonish us all by his skill and knowledge in the manufacture of whatever he turns his hand to. Among the various interesting chapters in this book that upon "Hitches, Knots, and Splices" is so amply and clearly illustrated that even children of four or five could imitate the various modes of tying. What power more delightful to a child than to make a knot that will hold? The titles of some of the other chapters will give a good idea of the scope of the book—"The Saw-Horse and Work-Bench," "The Care of Tools," "A Boy's Railway and Train," "How to Make a Fernery," "A Boy's Catch-All." The style is clear and interesting and the illustrations are good. Published by D. Lothrop & Co., Boston; 120 pages; price \$1.

As long as the world lasts the story of a desert island will be popular with children. We all have recollections of the delightful possibilities which it suggested—the hope that fate intended us for just such adventures. The two books that hold the palm in this department are *Robinson Crusoe* and *Swiss Family Robinson*, really deserving to be called classics for children. A new edition of the latter, lately published by Ginn & Co., Boston, deserves special mention on account of its good type, satisfactory woodcuts, and reasonable price. It is admirably edited by Miss J. H. Stickney, who takes for the basis of her work the translation of Mrs. H. B. Paull, whose translations of Hans Andersen, the Grimm Brothers, etc., are well-known. It is a 12mo of 370 pages, bound in boards; price 50 cents.

If we wish to introduce our children to geography—real geography, which will teach them that in other lands there are children like themselves, living happy, useful, interesting lives—we can do it well by reading them *The Seven Little Sisters who live on the Round Ball that Floats in the Air*. The "Brown Baby," "Agoonack, the Esquimaux's sister," "Jennette, the little Swiss girl," and "Gemila, the Child of the Desert," little Pensu in her boat on the Yangtse-kiang, and Louisa coming from her home by

the beautiful river Rhine to try the hardships of a western life in a log-cabin, all will give our own little people pleasant glimpses of the home-life of other countries. The book is published by Lee & Shepard, Boston; it has 127 pages and two illustrations; price 80 cents.

If we are looking for pleasing stories in natural history, combined with clear and simple accounts of the structure and habits of animals, James Johnnot's *Natural History* reading-books will furnish just what we need. The two books of that series now before us—*Neighbors with Wings and Fins* and *Neighbors with Claws and Hoofs*—are in every way admirable. The illustrations are unusually good, and the selections, both in prose and poetry, just what children will appreciate. "Cats of the Forest and Prairie," "Savage Dogs of Forest and Plain," "Nut-Crackers and Wood-Cutters," "Long-Tailed Dwellers of the Tree-Tops," "The Sky King and his Family," with the story of "Hannah Lomond's Bairn," are sure to give hours of amusement and instruction to a child. The books contain about 250 pages, and are published by D. Appleton & Co., New York.

Bright pictures amuse little folks who can't read, and *London Town*, published by Marcus Ward & Co., of New York, has hosts of them, with merry jingles attached—just such jingles as are easily remembered after the children have heard them a few times. By means of its pages we take a journey through the London streets, visit the "Zoo" and the British Museum, meet a Punch and Judy show, buy oranges of Orange-girl Kitty, have our boots blacked by a member of the Shoeblack Brigade, and then go home by the underground railroad, with a lively picture in our minds of all the wonderful sights we have seen, and the merry rhymes still ringing in our ears—

"Away we go to the famous Zoo  
With Bertie and Billy, and Dick and Sue,  
And we feel quite ready to jump with glee  
When the wonderful beasts and birds we see."

The book is a quarto of 50 pages, designed and illustrated by Thos. Crane and Ellen Houghton.

Many of us have a desire that our children should know the old stories that we read when we were children. They really meet the needs of the childish imagination fully as well as many of the more modern ones. For such persons *Six Popular Tales*, selected and arranged by Henry Cabot Lodge for supplementary reading in the Boston schools, will furnish just what they need. Clear, large type, strong paper, and a full-page illustration for each story render



these books both useful and acceptable for children. They are carefully edited from the best text. There are two series, each containing about sixty pages, and including six of the old stories, such as "Whittington and his Cat," "Beauty and the Beast," "Blue-Beard," "Jack the Giant-Killer," "Cinderella," etc. The price of each series is 20 cents; published by Lee & Shepard, Boston.

*Prang's Natural-History Series for Children* depends for its attractiveness on its excellent colored illustrations. In the number devoted to the Cat family, a black and white cat has the honor of the first page, and the corners of her page are ornamented with pictures of her tough tongue, her eyes open and shut, her claws sheathed and unsheathed, and her skull. The other illustrative pages each contain four animals, with their order, family, size, and place whence they came printed below them. We have in the cat family good pictures of the Manx cat, wildcat, lynx, Angora cat, ocelot, jaguar, cougar, leopard, cheetah, lion, royal tiger, and lioness. In the text, by Mrs. A. M. Diaz, the animals are pleasantly described, and the uses of their various parts are brought out in a lively conversation between Uncle Willie and the children. The text occupies seventeen large pages. Other books of the series are *Swimming Birds*, *Wading Birds*, *Birds of Prey*, *The Cow Family*, etc. The size is that of the ordinary magazine. Published by L. Prang & Co., Boston. Price 50 cents each.

*Mammy Tittleback and Her Family* is "A True Story of Seventeen Cats," by H. H., published by Roberts Bros., Boston. The young people have no less reason than their elders to be grateful to H. H. Her stories for children show a thorough understanding of children's feelings and interests. She loved the cat family, and that is a good card of introduction to almost any child. Her *Hunter Cats* and *Letters from a Cat* were delightful; but this one goes even a little beyond them in fascination. Mammy Tittleback is a model mother, accepting even adopted children, though it makes her family thirteen. With these little animals—each of whom has an individual character and a name—Johnny and Rosy and Phil have glorious times. The story of the kittens swimming across the brook, and also their journey by express, eleven of them in a box, will please all the children. Everything in the story is really suited to children, both in style and substance, and their interest in this charming family of cats is sure to hold out to the end. They will

be pleased with the song of "The Old Black Cat," and the genealogical table of the Tittleback family will induce many of them to apply the plan for their pets. There are nine full-page illustrations, uncommonly pretty and appropriate. The book is a 12mo of 100 pages. Price \$1.00.

*Buz; or, The Life and Adventures of a Honey-Bee*, by Maurice Noel, published by Henry Holt & Co., New York, is a charming little book of 133 pages, in which a bee is taken through all the occupations and adventures incident to a bee's life. Buz comes into the world with wings and legs a little cramped, it is true, from the close cell, but with spirit and energy and a great desire to see the world. As soon as she is out "up ran a couple of bees, one of whom straightened out her proboscis or tongue, which was lying folded back, and offered her honey, while the other caressed her with her antennæ and stroked her with her forefeet." "Much obliged to you, I'm sure," said Buz, sucking away. "Stretch your wings and legs, and never mind thanking us." "We all do our duty here without wanting thanks." "You didn't help me out of the cell," said Buz. "It's not our place to do that. A bee that couldn't get out of her cell would be no good here." So the book goes on in lively conversation or simple, interesting description, suited to children, to tell adventures of Buz and her friend Hum. They are taught how to work by the older bees. They have no end of interesting facts told them by the lazy drones who are always standing round ready to talk. When they try to seek information from a working-bee, she says: "There isn't much time to be great friends here. We are always so busy, except in the winter, and then we are too sleepy to be very affectionate. Besides, we give all our love to the queen." The writer in his preface says that, "except for such parts as are purely imaginative, his story describes nothing that he has not witnessed in his own hives." "Dispute with a Peacock Butterfly," "How the Snail Settles it," "Swarming," "Massacre of the Drones," "Caught in a Cobweb," and "Death of Hum" are some of the most interesting chapters. The book is very prettily gotten up, and is in every way calculated to please a child. Price \$1.00.

D. Lothrop & Co., Boston, have done a good service to the children in preparing their series of ten-cent books for the youngest readers. Securely bound in hard-paper covers, thick paper and large type, they are serviceable for children to handle. The words are simple and the sen-

tences short and, best of all, the stories are really interesting and pay the children for reading them. They are of much assistance in a child's first attempts to read by himself, or they are good to be read as entertainment for the little ones. The number entitled *How We Found Doggie* is one of the most attractive. Here is a sample of it: "The captain called Cosette. He pointed the glass toward a black speck in the water. He told Cosette to look. 'Oh! it's a dog,' cried Cosette; 'a dog on a rock in the ocean!'" The numbers are named from the first story in each, and they generally contain four. *How We Found Doggie* contains also "What shall we Do? or, The Little Brothers and Sisters of the Sick," an excellent suggestion of how children can help, "Autumn Leaves," and "Katy's Accident," all good stories, and certainly a liberal ten cents' worth. Each book has about twenty-five pages, and there are four full-page woodcuts, reasonably good.

#### Periodicals for Little Children's Own Reading.

FOR children's own reading—those who can master the ordinary run of simple language—doubtless the first place among periodicals should be accorded to *Our Little Ones*, a charming monthly published by the Russell Pub. Co., Boston. It comprises 32 pages each issue, and contains a most carefully-edited selection of very short stories by some of the best writers, profusely illustrated with really beautiful engravings. It was, if we are not mistaken, the pioneer journal in claiming, and acting on the principle, that the very smallest children were entitled to the benefit of all the modern advances in typographic art which were provided for older ones and adults, and there is little doubt that its competition has compelled a raising of the standard of many previously existing wretchedly printed and illustrated child's papers. All its engravings are, we believe, original, and many of them are quite costly. Subscription price, \$1.50 a year.

For the babies themselves, if real babies can read words of three or four letters, we recommend *Babyland*, a little 8-page monthly, several grades below *Our Little Ones* in simplicity of the text, but containing a very good series of illustrations. Price 50 cents a year; published by D. Lothrop & Co., Boston.

Messrs. Lothrop & Co. publish also a number of other juvenile periodicals, the one which comes nearest to the needs of very small children being *Our Little Men and Women*, \$1.00 a

year. It is of a somewhat more advanced grade than *Our Little Ones*, and is handsomely illustrated.

The above are wholly secular in their nature. There are several religious publications which are very attractive, both in material and execution, some of them beautifully illustrated, and all exceedingly low in price, being circulated at cost. Postal cards addressed to the following publishers, asking for sample copies of their juvenile periodicals, will bring an assortment of pleasing little 4 and 8 page weeklies and monthlies from which selections may be made: American Tract Society, and National Temperance Society, New York; Presbyterian Board of Publication, American Sunday-School Union, and American Baptist Publication Society, Philadelphia; F. H. Revell, 148 Madison Street, Chicago.

We strongly advise the visits to every nursery of a picture periodical of some kind. There is a constant freshness about it which is pleasing; it is one of the easiest means of cultivating the reading habit, and it is always a source of satisfaction to the little ones to receive something from the post-office in their own name. Another very important feature is the power of early discrimination which will be formed; a child who has learned in its own home to love the higher grades of both reading matter and typographical dress, such as may be secured with any of the above-mentioned papers (and, of course, many others), will not be too ready in later years to form an attachment for the sensational and poorly printed story-papers which unfortunately have a circulation, both openly and secretly, many times as large.

#### Children's Poetry Books.

OF course, among collections of poetry for children, *Child Life in Poetry*, edited by John G. Whittier, holds the first place. It was published some years ago by Osgood & Co., Boston, but such a collection never grows old. The poems are classified under the heads of Infancy, Out of Doors, Legendary, Pictures, Fancies and Memories, Miscellaneous, and Hymns. There are 250 pages, and the illustrations are many and excellent. Price \$2.00.

For any one who wishes for a less expensive, smaller, but equally good selection, without illustrations, Mrs. Anna C. Lowell's *Poesies for Children* will meet the need. The book is a rémo of 190 pages, published by Roberts Bros., Boston. Price 75 cents.



## BABY'S WARDROBE.

### Crocheted Baby-Band.

FOR such readers of *BABYHOOD* as still believe in bands I can recommend this one, which keeps the body warm and fits snugly without pressing, held in place by the soft and elastic

shoulder-straps. It is very simply made of single zephyr in ridge-stitch—that is, half-stitch, in which, going back and forth, only the back half of the stitches in the lower row is picked up. Begin on a chain of 50 and crochet 48 ridges, hence 96 rows. Join by a row of tight stitches, or by sewing. Finish off at the bottom by a row of plain stitches, and at the top by a picot-edging (5 chains and a tight stitch back into the first). The

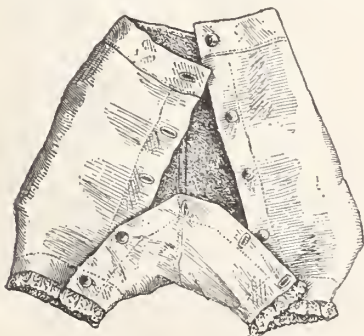
shoulder-straps, forming one piece in the back, are begun on a chain of 10 and 4 ridges, hence 8 rows, crocheted. Then divide and work two straps, each 5 stitches wide and 30 ridges, hence 60 rows long. Finish off with the picot-edging and fasten on the band at equal distances.

A. F.

Philadelphia.

### Diaper-Drawers.

THE curved-back seam in this pattern insures a snug fit to the body. The diagram gives the



dimensions and indicates the places for button-holes and buttons. A biased strip of muslin about an inch in width makes a strong facing.

The top is slightly gathered into a waistband 20 inches long and  $1\frac{1}{2}$  wide. A little edging



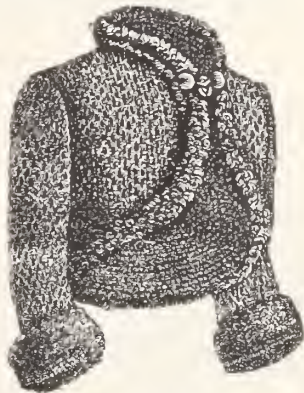
around the bottom makes a pretty finish.

### A Cheap and Warm Petticoat.

AN excellent way of utilizing papa's old undershirts, if very much worn at the armholes, neck, and in the arms, is to turn the body into a petticoat for the little one. It can be made very attractive by putting fancy stitches, herring-bone or cat-stitch, as a finish to a two-inch-wide hem. Gather the top into a muslin band, which supply in the usual manner with buttonholes to fasten to the waist. With very little trouble and scarcely any expense you will thus have produced a fac-simile of the little skirts now offered for sale in children's bazars.

### Crocheted Jacket for Little Girls.

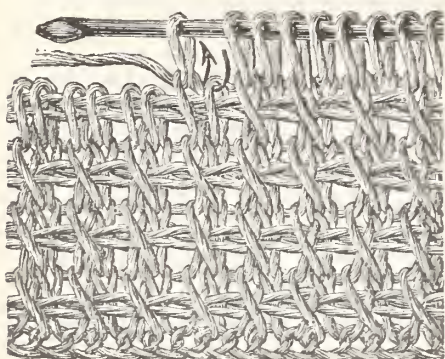
THIS warm jacket is crocheted of single zephyr or Germantown wool, after a pattern cut in



CROCHETED JACKET.

paper. The fronts can be made square if preferred. The jacket can be crocheted in either of the two stitches, double or crossed Afghan,

the manner of working which is clearly indicated in the illustrations. The fur edging is worked



CROSSED AFGHAN.

on canvas, of pieces of worsted about two and a half inches long. These are pulled through each



DOUBLE AFGHAN.

mesh of the canvas by means of a crochet-hook, as shown in the cut. Five or six meshes will

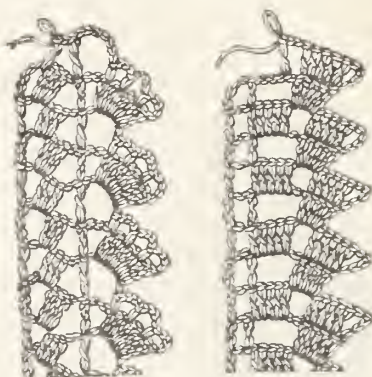


IMITATION FUR EDGING.

make the proper width, enough of the canvas being left on either side to be neatly turned under ere sewing on, to prevent ravelling. It is a good plan to work a small sample, in order to see if the threads sufficiently cover the canvas ground. If this is not the case they must be doubled here and there. Our model is wine-color, the fur edging fawn.

### Patterns for Edging.

We subjoin two pretty patterns of crocheted lace, shown in the illustrations, which will prove satisfactory in regard to durability. This is a



work good to keep at hand to fill up odd moments, which, otherwise wasted, will thus result in yielding yards of pretty trimming from a five-cent spool of cotton.

### Boy's Costume.

A VERY serviceable and pretty costume for boys from three to five years of age is represented in the accompanying illustration. The jacket, skirt, and pants are of blue checked cloth, the shirt and collar of red Jersey. The pants are lined, close at the sides, are sewed to the shirt in front and buttoned on at the back. The Jersey is arranged in a double box-plait down the middle of the front, and basted on flatly as far as the arm-holes. The back of the shirt may be made of the lining only. The jacket is sewed to a box-plaited skirt, the seam being covered by a broad belt, beneath which flat side-pieces are inserted, apparently forming the continuation of the cutaway jacket-fronts. At the side where the belt buttons over a slit is left under one of the plaits. A metal clasp serves to close the jacket, and small metal buttons trim it down each side of the front. This may prove a welcome model to many mothers as being a



thoroughly "boyish"-looking dress, and it can easily be cut after a well-fitting under-waist pattern.

### A New Style of Bib.

BABY'S bib is usually given to running up under the chin, and a sensible manner of obviating this trick is



plainly shown in the accompanying picture. Any old bib may be so arranged by adding the band at the bottom, which closes in the back by means of a button and button-hole or tying-strings. The one above illustrated

is made of piqué, decorated with fancy stitches and edged with linen lace.

### The Gertrude Baby Suit.

FOR the information of new readers of BABYHOOD it should be stated that the Gertrude suit is a reform method of clothing for babies during their first few months of life, and does not interfere with the ordinary outside dress or slip, in such styles as taste may dictate, being a "clothing-suit" rather than a "dress-suit." It was fully described, with pattern outlines, in BABYHOOD No. 19.

The comments and queries printed below are selected from a large number of letters which we have received on this subject, and are fairly representative of all. (It will probably be needless for us to print further discussions on the subject.) The various questions—or the most important ones—raised resolve themselves into these:

1. Can no improvement be made in the material for the underskirt? (In the original lecture by Dr. Grosvenor, the designer of the suit, it was stated that "Canton flannel is the best we have at present.")
2. Is there no difference to be made in the suit on account of the season—*i.e.*, shall it be the same in both summer and winter?
3. Is there no foot-covering of any kind intended; or, if not, shall the bottom of the undergarment be buttoned?
4. Does BABYHOOD sanction the discarding of the band after the navel is healed?

As stated in our last number, we have been endeavoring to find a material more suitable than Canton flannel for the undergarment, our

representative having visited all the leading stores in this city and corresponded with several in Boston and Philadelphia. The number of materials offered in response to her request for "the most desirable material for the undergarment of an infant" would make quite a museum, and ranged all the way from table felting to eider-down. One leading dealer in infants' wear showed, as a novelty just introduced, an undershirt made of a fine stockinet, but could not furnish the material in piece-goods. This led to a search for the piece-goods, with the result of finding, at the Jaeger Sanitary Woollen Co.'s, 827 Broadway, a white all-wool stockinet of beautiful, soft texture, which seems to us to be the most desirable material, and we have no hesitation in recommending it. We at once had a sample garment made and sent to Dr. Grosvenor for his inspection and approval, submitting to him the first three questions above named; we print his reply below, from which it will be seen that he approves of the wool stockinet, while still thinking that a proper quality of Canton flannel is free from many of the objections imputed to it.

In answer to the fourth point it has already been stated, in "Nursery Problems," that BABYHOOD regards the band as an unimportant matter, except in so far as it, or a suitable substitute in the shape of other clothing, concerns the proper clothing of the abdomen for warmth.

### LETTERS FROM SUBSCRIBERS.

I have been an interested reader of BABYHOOD from its first appearance, and I have derived much useful information from its pages. In return I would offer a few words in reply to queries which have been printed about the "new way."

We have two little boys, and, although both were compelled to derive their chief nourishment from the bottle, they are as stout and healthy as most who receive an abundant supply of nature's food. The older one was dressed, during his first months, in the "old way," with skirts attached to bands around the body, and held in place with the usual number of pins. Although the bands were always pinned loosely, they required to be readjusted several times during the day—particularly after feeding—else they would become so tight as to cause great uneasiness. Frequent attacks of colic, always occurring at evening, were at once relieved upon loosening or removing the bands, which had become tight through the filling up of the intestines with food or gases. With the final rejection of all bands at four and a half months, and the adoption of dress and under-garments cut "princesse" style, all symptoms of colic suddenly and finally disappeared.

For the last comer (born last fall) I prepared



a "Gertrude" outfit, using fine, soft baby-flannel for the under-garments. A band was worn loosely, as a protection to the navel, for about a week and then discarded. One slight attack of colic occurred before the band was laid aside; none since. No ill effects have followed. Another time I would leave the band off altogether. In most instances of severe crying, as from pain, while the bands were worn, partial, if not complete, relief soon followed their temporary removal; when they were finally discarded a great deal of peevish fretting and restlessness disappeared with them. All this seems to justify the belief that during severe crying and straining the band is a nuisance instead of a benefit. At other times, if it be pinned loosely, it amounts merely to so much more clothing about the middle of the body, a part where extra clothing is not in the least degree needed; if pinned more closely, it presses upon the muscles of the loins and abdomen, impairing their nutrition and growth, and—through the abdominal walls—upon the intestines, impeding the passage of their contents and causing uneasiness and even colic, thereby inducing the very evils it was supposed to palliate.

The "Gertrude" garments are cut quite loose, and are not soon outgrown, the only changes that were found necessary being the substitution of larger and longer sleeves, setting out the button of the neck-band, and a tuck in the skirt to permit greater freedom of movement to the feet and legs; for Baby kicked lustily, and would not keep his feet covered.

Little stockings, reaching above the knee, were held up by a tape with about six inches of elastic at the end, fastened to the top of the stocking, and tied to another tape sewed to the seam of the inner garment just below the arm-hole. In this suit Baby was warm, comfortable, and healthy through the last long, cold winter, although the thermometer at our door has marked twenty-five degrees below zero, and our house is far more open than most of those in the more northern and eastern States.—*Mrs. E. P. B., Trinidad, Col.*

This "Gertrude Baby Suit," as it is called, pleases me very much. I shall certainly try it, as I have a great prejudice against *all* bands for infants, but have used them, supposing they were necessary. Now I would like to ask if there is any particular way of fastening the little under-garment which comes next the skin. I was thinking that buttons would cause a pressure and hurt the infant, who spends most of its time on its back. Of course this suit is new to me, and perhaps some who are acquainted with it would give me some of their ideas and suggestions on the matter. Also I would like to ask if you do not think it is *necessary* for an infant to wear at least *one* band next the body for the first few weeks?—*M., Golden, Col.*

I have read with interest the description in BABYHOOD of the "new way" of dressing babies, and have followed with eagerness the comments

and opinions of mothers on it. There is one article of the dress I am anxious to have BABYHOOD pronounce officially upon. I refer to the use of Canton flannel next the skin. Do you recommend Canton flannel in preference to soft wool-len flannel? Is not Canton flannel heating, and is it not liable to become cold when, from perspiration or some other cause, it gets damp? Having so much faith and confidence in BABYHOOD, I would like to know its opinion on this matter, and also on the question of the wisdom of omitting the band on young babies who are dressed in a Gertrude suit.—*Mrs. J. N. L., New York City.*

Many of the excellent things BABYHOOD advocates I can endorse from experience. For instance, I have three healthy children, aged 2, 6, and 8 years, none of whom wore a "belly-band" after the navel was healed. The Gertrude baby suit has some good points, but I think my way better; and, not being quite so revolutionary, it does not have to face the ridicule and opposition from nurse, aunts, and busybodies that Dr. Grosvenor's three garments, all of a kind, will surely meet; and very few mammas there are brave enough to hold out against them. I had considerable fighting and compromising to do, and many prophecies of evil results were held out before me. But I relied on good Dr. Trall's word (the late R. T. Trall); his hygienic advices appealed to my reason strongly, and, now that success has proven him and me right, I am copied considerably by sisters-in-law and neighbors in my simple arrangement of Baby's wardrobe. I am preparing for the fourth, who is expected shortly, but will not intrude on your time with a detailed description. The main points are a few soft flannel bands for use the first ten days, while the navel is healing, and I am obliged to let some one else dress the baby. (It hurts my feelings even now to think how tightly it will be pinned in spite of my protests; but while mamma is kept to the bed both she and the baby must yield considerably to the prejudices of custom!) The fine, closely-knit, long-sleeved, all-wool shirts I buy for a dollar, they fit so snugly over the stomach, and the plain flannel skirt sewed on to a Canton flannel waist covering neck and arms, does not shock the old-fashioned nurse so long as I compromise with the barrow-coat, or "pinner," which (notwithstanding great respect for Dr. Grosvenor) I find indispensable. I make it of the softest, thickest flannel I can find (Jersey flannel would be grand only for the color and the stripes), so as to keep the petticoat and dress dry, and I attach to it a band, so it can be slipped off and replaced with a dry one once a day anyhow. I buy dainty cambric slips for day wear cheaper and easier than I can make them; and a few Canton flannel nightgowns and a few dozen diapers of Canton flannel or good cotton diapering are all the baby needs. I think Dr. Grosvenor is too fastidious about the seams hurting the baby, especially as the garments are loose, and the hems he describes would soon wash out, it seems

to me; so would the wool of the Canton flannel, and its chief virtue be gone. Canton flannel soils very easily. However, God bless Dr. Grosvenor if he has started mothers on a sensible track for the dressing of their babies.—*E. F., Brooklyn.*

One recommendation for the Gertrude suit that I have not seen noticed is that every part of a baby's tender skin can be examined carefully, and attended to several times a day if necessary, without undressing the child.—*Anon.*

In the "Gertrude Baby Suit" nothing is said about socks. While pinning-blankets are a nuisance, I think socks are still worse, and I know the babies think so too. Would the pinning across the bottom of the under-garment relieve the necessity of socks?—*M. C. H., Cranford, N. J.*

I cannot resist speaking a word of comfort to young mothers who may be regretting that they did not have the Gertrude suit patterns for the little outfits. Probably these new patterns are a great improvement. If they had come out a year sooner I am not sure but I would have tried them for my little Rob Roy; but there is no reason why the usual clothing should not be put on healthfully and comfortably.

On the occasion when Dr. Grosvenor was the only "old lady" present, he was certainly unfortunate in the articles brought to him if he had to put on a "linen shirt, starched stiff." And if he pinned up the poor baby as he describes, no wonder he was horror-stricken at what he had done!

A flannel bandage torn across the cloth and unfinished around the edges is not unyielding, and should only be tight enough to keep the navel dressing in place. The "pinning-blanket," used as he describes, is entirely unknown to me. I use the name as synonymous with barrow-coat. I make it half a yard long, and with a narrow band, which is pinned loosely just above the diaper, and the flannel drawn over the baby's feet, but never pinned. While it adds warmth, the principal use is to protect the skirt from being soiled. I pin the band of the flannel skirt in the back, leaving it quite loose. The upper safety-pin I pass through the flannel skirt, as well as the band of the skirt, and so both are kept in place. Over this goes the dress, which I think very much more convenient if made a yoke slip.—*R. C., Pennsylvania.*

My baby wears the Gertrude suit, and I think it is the only proper way to dress babies. No one need be afraid of their getting cold without a pinning-blanket. My baby was born when the thermometer stood 18 degrees below zero, and I had no trouble to keep her warm; there are no tight bands to interfere with circulation.—*E. F. G., Highlands, Col.*

FROM DR. GROSVENOR.

To the Editor of BABYHOOD:

Very many inquiries come to us, as they do to you, about the "Gertrude" suit. Two great

thoughts have been uppermost in our minds: 1. To produce a perfectly physiological and healthful dress for the infant; and, 2. To reduce the labor of dressing—to lessen the drudgery of motherhood. Our motto has been, "Health and comfort to the child and ease to the mother."

The material for the undergarment has provoked more comment than any one thing. The field of fabrics was fully canvassed, and I believe we have nothing now made so well adapted and so readily obtained by all mothers as a *choice, medium-weight cotton flannel*. It is *soft and fleecy, warm, and unirritating*; and, when properly washed, retains these qualities more than any other goods.

Our grandmothers used flannel, and they were not wholly wrong in choosing it, for changes of temperature are not so quickly felt through this; but in the "Gertrude" flannel is there still, as a protection, though next outside. Many object that it is not sufficiently dainty and nice; but there are many grades of quality, and the garment can be very daintily made.

For those who prefer woollen, and whose babies can bear it, the Jaeger Company, of New York and Chicago, produces a stockinet which is elegance itself and would suit the most fastidious. The garment of this material which you forward to me is so warm and delicate that I almost wish I were a baby again myself. I will retain it a day, as I wish to show it in my college lecture. We wish the first little new-comer who gets it much comfort in the wearing. We begin to see why some of the articles in our valued BABYHOOD are so practical.

The next most frequent inquiry is as to the adaptability of this suit to different seasons and climates. An extra middle flannel for colder weather is all the change needed.

Another question frequently asked me in my parlor lectures is: "Do your babies wear stockings or socks?" "No; nor mittens," is my answer. They are sometimes off and sometimes on, sometimes wet and sometimes dry, and do not add to Baby's comfort or health. It's "too bad," I know, "to lay aside those dainty little socks!"

One lady (and a doctor, too) writes: "I like your idea very much, but think I will have my dress open in front." This is a step backwards, for it just *doubles* the work of dressing. The suit cannot now be put on all at once. The Gertrude suit is put together and put over Baby's head (the arms put in), and buttoned behind, and Baby is dressed—little work for the mother, and a minimum of vexation to the child.

As to the night-gown, our own babies wear simply the Canton flannel night-gown and diaper, and are splendid sleepers. In coldest weather the flannel skirt besides is worn. We do not button at the bottom, as some suggest, but allow them the largest liberty for their limbs.

LEMUEL C. GROSVENOR.

185 Lincoln Avenue, Chicago.



## THE MOTHERS' PARLIAMENT.

## Merry Christmas for the Poor.

To the Editor of BABYHOOD :

I have found with our little people that it adds greatly to their happiness on Christmas day to feel that they have contributed to those most unfortunate (in their fond eyes) children who have neither father nor mother with them. Now our children are looking eagerly forward to the first *rainy* day. All this year of 1886 we have been saving the four necessary straws for our Christmas bricks: No. 1, all the empty spools; No. 2, bright bits of flannel, cloth, silk, etc.; No. 3, all advertising picture-cards; No. 4, skewers out of the roasting pieces of meat. These are the straws; now for the bricks.

First we look over the advertising cards, and pick out all those with faces on (not throwing away the others); then we sort the spools and divide them into two companies, the large ones and small ones. Now into the hole of each large spool we stick a skewer, having first sharpened the blunt end; then we put a smaller spool on to the other point, pushing the spool down till the point projects a little above the upper hole; into this point we paste a head neatly cut from the advertising card. We now proceed to clothe our novel doll in some of the bits of flannel, etc., and soon have before us a fine array of dolls that will help to make Christmas a holiday, and mayhap chase the pain away, for some little sufferer, who can easily play with these dolls in bed, for they stand very firmly on their odd feet.

The rest of the cards the children write messages on, from the big boy—who, I confess, is apt to write “I should smile” (and doubtless the child that receives it, with the freemasonry of childhood, will smile)—down to the little girl who lisps to mamma: “Write ‘Melly Tismus, ‘tittle dirl.’”

In my family I have saved this work for a rainy day or days, and with great success. It has given me sincere pleasure to see the little folk drop their pretty cards into the “Christmas box” all through the year, sometimes a little lingeringly, but almost always they were dropped in. And not till it was time to make ready did I tell them why I saved the spools or how the cards were to be fixed; only I said: “We will send them to the children at — when Christmas comes.”

I may add here that if mothers will be a little careful of the empty spools and suggest methods of playing with them to the children, they will be astonished at the improvised houses, wheels,

locomotives, etc., that their imaginative brains transform the articles into, forming even letters with them, and learning to count as they gather them together at twilight.

Brooklyn.

JOSEPHINE KISSAM.

## The Value of Diversion.

To the Editor of BABYHOOD :

I have always had an admiration for the mother who had simply to say to her little one, “Do this, or do that,” in order to command implicit obedience; but in the case of my wilful baby-girl, not yet two years old, I regret to say that anything in the form of a command from my lips is very apt to incite her to roguish revolt. And although there are occasions when imperative orders are necessary and must be obeyed, experiments have taught me that there are a hundred-and-one times in a day when our little ones’ playful contrariness can be overcome, without any waste of time and tears, by the simple law of diversion.

I would like to tell you a number of plans which I have found to work like a charm in diverting Baby’s mind, but, aware of BABYHOOD’S crowded correspondence, I will give only one or two. The first is my method of overcoming my baby’s sudden aversion to her bath. In spite of all I could do or say, she would stiffen out and scream whenever I put her into the tank.

But one day I dropped into the water an egg from which I had previously blown the contents, and showed her how she might play with it in the water. This was received with great delight, and she would force it down into the water, making the bubbles rise above it, and then hold it up and try to catch the stream which ran from it. Now, instead of dreading her bath each morning, she will coax for it, “in season and out of season,” with her baby-wording: “P’ease, mamma, I want to have my baf, wiv’e egg in it.”

I would like to hear some other parent’s experience in battling with the words which so early creep into a baby’s vocabulary, “*I won’t*” and “*I sha’n’t*.” I was startled to hear them from my baby’s lips some weeks ago, and still more grieved to find that her promise never to say those wicked words to mamma again was so soon forgotten. I was determined this habit should not take root, yet I was in doubt about the most effective punishment, remembering

what a discouraged mother once said to me : " I have punished and punished my child for saying ' I won't ' to me, but it is no use. I cannot break him of the habit. " In this perplexity, as in many others, my little plan of diversion came to my relief. " Can Baby say ' I'd rather not ' ? " I asked pleasantly. " Well, she may say that to mamma whenever she feels like saying ' I won't. ' " The little one grasped the alternative with astonishing readiness, and she has never once forgotten it. Visitors are often amused at hearing her reply to some request of mine, " I don't want to say ' I won't ' to mamma. I say ' I bavier not. ' " Yesterday, when I called from the window, " You won't fall off the steps, will you, Baby ? " the reply came promptly, " No, mamma, I bavier not. "

Isn't it true, dear BABYHOOD, that if we, as mothers, would exercise more tact and patience and ingenuity in the government of our little ones, we should save ourselves many bitter and fruitless struggles ? A LEARNER.

*Lancaster, N. H.*

#### *To the Editor of BABYHOOD :*

I was much interested in reading of another mother's " knack for the bathing-hour. " The bath used to be an ordeal for my baby until I commenced bathing two rubber dolls at the same time with himself. He is always interested in watching the progress of their bath, and hearing me tell that they do not cry when I wash their eyes, and ears, and mouth. If he shows signs of crying I immediately refer to the fact that " Pete and Dolly didn't cry, " and he stops almost instantly.

There is another " knack " for nap-time. Baby is very fond of holding his little pill-bottles, so when the time comes for me to lay him in his crib I tell him " there are two nice little pill-bottles that want to go beddie. " Immediately he is all interest and lets me take him from among his toys on the floor without protest. Before he goes into his crib, however, he must show first one bottle and then the other to a large picture of Venus which hangs in the room, also to a photograph of his auntie (this his own idea) ; then after kissing them both he lies down in his crib perfectly contented, with the idea, evidently, that he is there merely to stay with the little bottles. Sometimes I vary the articles to be put to sleep, taking the things for which he shows a decided preference. Thus it is that he has gone to sleep holding at different times a green tomato, a bright yellow flower, an

apple, ball, rubber dolls, etc. The pill-bottles, however, are his choice. He was growing into the habit of waking up cross. Now my first question on going to him is, " Did the little pills have a good nap ? " He is immediately diverted and forgets to cry in his eagerness to show Venus and his auntie the pills that have had a good nap. H.

*New England.*

#### **A Regular Tichborne Claimant.**

#### *To the Editor of BABYHOOD :*

Please enter me on your list for the prize of \$25.00 to be given for the best article on " Toys for Babies. " A piece of wrapping-paper, or, better, a paper bag, will interest Baby longer than anything else. Let it be *clean inside*. E. E.

*Philadelphia.*

#### **Hints for Baby's Toilet.**

#### *To the Editor of BABYHOOD :*

Too often do we all see little ones from clean, even elegant homes, with coats, caps, and dresses in exquisite style, little coaches rich with satin and lace, cheeks and hands as fresh as roses, but the little finger-nails in mourning ! Surely this is an essential part of Baby's toilet, yet the neglect of it is surprisingly common. Perhaps many mothers who would consider this oversight inexcusable in themselves omit the care of the little, restless finger-tips simply because it is hard to keep them quiet. In our happy nursery each little finger has a name, and the morning and afternoon toilet of the row of ten little boys and girls is eagerly anticipated by my boy of three summers, while he frequently reminds me that " Willie " or " Susie " needs extra care.

A tiny, soft tooth-brush is also important, at least as soon as the first little set of twenty teeth is complete. This, of course, should be gently used and not too often.

Another toilet accessory which is a comfort to both mother and child, if always at hand, is a supply of little, soft handkerchiefs, the baby's own property. With a little care in this regard the sweet mouth is always ready to give a *dry* kiss, which is a very desirable thing.

We cannot teach our children to be *too* thorough in the care of their precious little bodies ; but let us not, in our care for the outside of " the cup and platter, " forget the guiding and training, the keeping pure and clean the baby-hearts committed to our care. While we do one, let us not leave the other undone.

*New Haven, Conn.*

M. L. H.

## RECENT LIBELS ON THE BABY.

MRS. BLANK: "What wonderful things are done now!" Mr. Blank: "In what way?" Mrs. Blank: "Every way. The paper says a new telephone instrument has been invented by which the crying of a baby may be heard at the distance of one hundred miles. It don't say who was the inventor." Mr. Blank: "Then he must have escaped."—*Philadelphia Call*.

A BABE is a mother's anchor. And the mother is the "anchor's" spanker.—*Religious Herald*.

"ONLY a Baby's Cry" is the name of a new song. "Midnight Squalls" would be more expressive but less poetic.—*Norristown Herald*.

MR. SMILEY: "Better let me carry that poodle, my dear, and you can carry the baby." Mrs. Smiley: "No, no; you carry the baby. I cannot trust you with Gyp. You might drop him."—*Religious Herald*.

NO TROUBLE.—"Do you have much trouble in getting your children to take medicine?" said Mrs. Green, addressing Mrs. Black. "None at all." "How do you manage it?" "Well, for instance, when I want my boy to take castor-oil I pour the oil into a glass and say, 'Here, Tom, drink this; but you needn't ask for any more.' Then he drinks it with apparent relish, believing that I am not anxious for him to take it. He always asks for more, Oh! no; it is no trouble to get my children to take medicine."—*Arkansas Traveller*.

A LITTLE boy complains to his mother that the teacher can't remember his name. "When she speaks to me," he says, "she always calls me 'Silence.'"—*Independent*.

A LITTLE boy,  
A piece of string,  
A kettle, dog, and tail,  
A heap of joy,  
A sudden spring,  
A long and piercing wail.  
A leather strap,  
A heavy hand,  
A squirm, and kick, and squeals,  
A sounding rap—  
He'll have to stand  
For a week to eat his meals.

—*Boston Post*.

THE child who wants to swallow sleeve-buttons should be given a couple of cuffs.—*New Orleans Picayune*.

POWDER for the baby's face is the flour of youth.—*Interior*.

A BACHELOR asks: "What is worse than a baby crying at night?" We might suggest that perhaps the unhappy man never heard two babies crying at night.—*Yonkers Statesman*.

DR. CARVER, the well-known rifle-shot, says that an orange hit in the exact centre by a rifle-ball will vanish at once from sight. An orange handed to a small boy will vanish almost as quickly, without wasting a rifle-ball on it.—*Norristown Herald*.

SOMEWHAT ABSENT-MINDED.—Professor Zweibeer, of the University of Bonn, is a very absent-minded man. He was busily engaged in solving some scientific problem. The servant hastily opened the door of his studio and announced a great family event. "A little stranger has arrived." "Eh?" "There's a little boy." "Little boy! Well, ask him what he wants."—*Texas Siftings*.

HOW TO TALK TO A BOSTON BABY.—A New-Yorker who happened to be in Boston for a day availed himself of the opportunity to make a social call. He was shown into the parlor, and while waiting there a nurse entered with a little baby in her arms. "Itty, pitty, tootsey, wootsey," said the New-Yorker, addressing his conversation to the infant, "oozy, boozy, goozy, nooz—" At this juncture the child set up a howl that made a steel engraving of Emerson rattle against the wall. "I'm afraid he doesn't understand you, sir," remarked the nurse. "There, there, Penelope," she said soothingly; "and were you alarmed at a combination of circumstances over which you had no control that led to the unexpected appearance of a strange gentleman?" At this the screwed-up expression on the child's face relaxed, her sobs ceased, and she slumbered.—*Exchange*.

WE are accustomed to pity the trials of the school-marm who has to labor six hours a day with forty children. Don't say we told you, but the nurse who tends one boy ten hours a day is entitled to 80 per cent. of the sympathy and all the gate money.—*Independent*.

THE ANGELS EXONERATED.—The new baby had proved itself the possessor of extraordinary vocal powers, and had exercised them much to Johnny's annoyance.

One day he said to his mother:

"Ma, little brother came from heaven, didn't he?"

"Yes, dear."

Johnny was silent for some time, and then he went on:

"Say, ma,"

"What is it, Johnny?"

"I don't blame the angels for bouncing him, do you?"—*Merchant Traveller*.

MR. C. H. FRANZ is a very advanced Social Democrat, resident in Amsterdam, who, after the foreign fashion, announces in the newspapers the birth of a son and heir in the following manner:

"April 2.—At Amsterdam, the wife of C. H. Franz, maiden name Heyer, of a modern he-slave."

Mr. Franz may be expert in politics, but in domestic economy it is evident that he is greener than the grass which grows on the Holland dikes. Undoubtedly this is Mr. Franz's first experience in affairs of this sort, or he would know, as he will soon find, that the "he-slave" is absolute master and even tyrant in the family, and that he, nurse, and everybody in the household is at the baby's beck. When Mr. Franz has walked up and down his bedroom at night for two or three hours with a dozen pounds of howling humanity in his arms, he will be more definitely informed as to who is the he-slave in his family.—*New York Sun*.

WHEN twin babies are so very much alike that they cannot be readily distinguished apart, the difficulty can be overcome by slitting the ears of one with a pair of scissors. Another plan is to tattoo a lizard in the forehead of one baby, and an elephant in the forehead of the other.—*American Hebrew*.

THE small boy now dreams of "marble hauls."—*Boston Commercial*.

A BABY does not dissemble. He always hollers when he feels holler.—*Interior*.

JOHNNY says he is his mother's canoe, and she is always able to paddle it.—*Merchant Traveller*.

# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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THE fact that so many adults, even persons of culture, have wrong habits in eating, coupled with that of the imitative tendency of children, affords one of many arguments against the presence of very little ones at the common table. Haste in eating is naturally accompanied by haste in feeding on the part of mother or nurse, which is frequently the cause of the after-habit, in the child, of taking too large mouthfuls and swallowing them too fast. Often an otherwise careful mother, perhaps preoccupied with conversation, or anxious to be free to do something else, will give her child such large and frequent mouthfuls that after it has grown to the self-feeding age the practice is continued and the habit fixed. Perhaps children are naturally inclined to eat too fast; it certainly is a common fault, and one which may be avoided by deferring the self-feeding and letting the mother, by patient, deliberate feeding, aid the child in forming correct habits. Neither should this duty be left to an ignorant or thoughtless nurse, who may have her own reasons for haste. Care in this matter may seem to cost too much time, but the result will be worth all the expense.

An interesting discussion has recently been going on in this city regarding the relation of certain forms of tonsilitis to diphtheria. Naturally differences of opinion exist, but one thing seems evident, namely, that sometimes apparently innocent forms of tonsilitis, especially in adults, are followed by cases of diphtheria under such circumstances as to make contagion highly probable. It is not

necessary to take sides as to the frequency of this sequence. The lesson for our readers is this: Inasmuch as occasional cases do occur which even an experienced physician feels bound to delay giving a name to, it is the duty of every parent to isolate as far as possible any case of throat disease in the household until the patient is well or until the physician, if one is called, declares the isolation unnecessary. Adults with sore throats should absolutely refrain from kissing and fondling little children during the continuance of the malady. This precaution may be unnecessary in a majority of instances, but its neglect sometimes brings irreparable mischief.

Great complaints are frequently made by grown people of the disturbance made by noisy, talkative little ones; but the tables might be turned with perfect justice, since children are as often disturbed by their elders. If parents and nurses would understand the injury done to a child by interfering with his intelligent plays and his efforts to get clear notions of his new world, they would soon give up the foolish habit. The tender brain should at least be left in quiet liberty to appropriate the things it finds agreeable, and the groping senses steadily encouraged to accommodate themselves to their surroundings. To disturb the harmony of what observation may be going on is like shaking a surface of clear water so that no true reflection can be given. To illustrate, let us take a scene from an early hour, when the baby is just waking. The father rushes in, eager



for a romp. "Where is Bobby? Oh! just waked up. He wants to come to his papa." And Bobby is mounted on papa's shoulder, while little sisters dance around—one playing peek-a-boo, another shaking a rattle, and the third insisting on pat-a-cake. The bewildered baby laughs and crows during the excitement, but how distinct or intelligent are his emotions? The pussy comes in, and Bobby must look at her; but before his little hand has learned the softness and warmth of her fur—whisk! a carriage is going past the window, and he must notice, for a twinkling, the swift wheels and prancing horses. Horses, rattle, peek-a-boo, pussy, dancing little girls, and noisy, enthusiastic father, all in the course of five minutes! Any one of the amusements *continued* to the child's satisfaction might have given some help to a germ of thought. But not only minutes, but days and years are passed in a whirl of half-finished games and capricious petting. Is it any wonder that, arrived in the school-room, the boy's mind is hazy and aimless, or that he does not understand system and steady work? "What does it mean?" asks the disappointed father. "Where does he get his laziness?" It is almost irreverent to say that a conscientious, painstaking parent may be officious and meddling, but it can be true of the father as well as of the mother, who, extremely anxious to do her full duty by her darling charge, may easily overdo.

At a recent meeting of one of the sections of the New York Academy of Medicine Dr. Cyrus Edson read a paper on the milk-supply of this city. His statements regarding New York are probably essentially true for other large cities, at least for those which have an efficient Board of Health. Some of the grosser adulterations of milk said to have been formerly practised are no longer so. Those which are met with are ninety-nine times in a hundred the addition of water or the removal of the cream. To bring the specific gravity up again sugar and salt are added, very rarely chalk and lime. Further adulterations are the adding of some preservatives, such as the

carbonate, bicarbonate, and nitrate of soda, borax and salicylic acid, to the milk to prevent souring. The great adulteration, therefore, is the dilution of the milk and corresponding impairment of its nutritive value; while some of the preservatives are, when habitually taken, injurious to the kidneys. But milk may be entirely untampered with and yet be unwholesome. The cow may be diseased, she may be badly fed. In the first instance she may transmit her own disease to the milk; in the other case her milk may be of inferior or injurious quality. Again, milk may become contaminated by the use of impure water to dilute it, making it doubly bad. The lactometer and the cream-gauge are the best detectives for common use we possess for finding out the fraud. However, the public will find it profitable to buy milk from some well-known dealer who has a reputation to sustain and who will endeavor to give good milk. Economy is out of place in the diet of a child, and the extra price asked by such dealers is a judicious expenditure if really good milk is obtained.

The difficulties in obtaining pure milk are, of course, usually not met with in country towns with farms near by. Yet in the country milk may become unwholesome from want of care in its handling. In a previous number mention was made of tyrotoxinon, a peculiar poison which may be developed in milk, and of Dr. Vaughan's finding it in poisonous ice-cream. Still more recently has appeared the report of Messrs. Shippen and Wallace upon two outbreaks of milk-poisoning which occurred in hotels at Long Branch in August last. All the usual adulterations and contaminations were sought for and excluded. They then discovered that the milk had not been properly cared for. Their report continues:

"The cows were milked at the unusual and abnormal hours of midnight and noon, and the noon's milking—that which alone was followed by illness—was placed, while hot, in the cans, and then, without any attempt at cooling, carted eight miles during the warmest part of the day in a very hot month. This practice seemed to us sufficient to make the milk unpalatable, if not injurious, for it is well known that when

fresh milk is closed up in a tight vessel and has been deposited in a warm place, a very disagreeable odor and bad taste are developed. Old dairymen speak of the 'animal heat' as an entity, the removal of which is necessary in order that the milk shall keep well and have a pleasant taste. While we do not give this thing a name, we are fully convinced that milk should be thoroughly 'cured' by proper chilling and aëration before it is transported any distance or sold for consumption in towns or cities."

By further chemical investigation the peculiar poisonous tyrotoxin, the result of a fermentative change, was found to be present in the milk, and the symptoms of those made ill by using the milk were precisely those known to be caused by this substance.

It is generally without thought, seldom with intention to inflict pain, that a child's past misdemeanors are kept fresh in his memory when they should be forgotten; but that this very often is done by those who should do better, sometimes even by parents, no careful observer can doubt. That the harm thereby done to the child is unrealized makes it none the less real. In some natures a hard sullenness is engendered; in others an unhealthy tendency to brood over their own failures, and a sense of discouragement as to the future. Forgiveness which does not forget, nor allow the offender to forget, is of small value. It brings no peace. It will be prized lightly, and slowly sought, by any keen-witted child. "Let bygones be bygones" is a maxim won from the wisdom of the ages. What need to probe a well-healed wound? If the discipline which follows a child's offence is wise, and his own repentance is sincere, the lesson has entered into his life. That is enough. He has taken a step forward, but it was by a rough, hard road. Let him forget the path as far as he can. Do not keep vivid before his mind the thought that he has been naughty, and therefore can be again. He will soon begin to feel that he is rather expected to be so, and he will be prompt to fulfil the expectation. Your child will find out soon enough that he is one of a race of "poor, miserable sinners," without your taking care to emblazon the fact upon the walls of his inner conscious-

ness. Make him feel that rectitude is *expected* to be the rule of his life; that lapses from it are not to be tolerated, only as the exceptions which shall prove to him the beneficence of the rule. Their lesson learned, they are to be cast behind his back—and yours.

In an article on "Children and Pets," in our last number, the giving of pets to young children was advocated. The positions taken by the writer of the article were generally sound, but some cautions from a sanitary point of view are not out of place. Children should be taught, if possible, just how and how far to be friendly with their pets. Not only should they be taught that the dog or cat has sensibility, and may be hurt by their energetic and careless caressing, but they should be also taught—and here is the sanitary point—that certain familiarities cannot be permitted. The habit of kissing dogs and cats is, so far as we have noticed, less common among children than among adult keepers of lap-dogs and cats; but the child should be made to understand that it must not kiss the animal, nor allow the latter to lick its hands or face, particularly the latter. Of course, it is usually an evidence of regard on the part of the animal, but it is not free from danger. There are two forms of tape-worm, that of the dog (*tania cucumerina*) and that of the cat (*tania elliptica*)—which may, however, be the same worm—the eggs of which not infrequently are found upon the tongues of these animals, and, to quote a well-known authority, "persons, especially children, from too great familiarity with these animals, directly or through their food, may likewise become infected." It is no hardship to the animals to be taught "to keep their place." Those adults who are most fond of dogs, and considerate of their wants, generally teach them, especially if large, not to take any liberties. If they never receive these undue caresses, they do not expect them, and we can recall many a fine dog, big and little, whose happiness seemed to be complete if his head was patted, or if he was allowed to lay his muzzle upon the knee of his friend.



## THE CAUSES AND PREVENTION OF CHRONIC TROUBLES OF THE THROAT IN CHILDREN.

BY D. BRYSON DELAVAN, M.D.,

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WITH mankind in general, and with that part of it which inhabits the United States in particular, chronic disorders of the throat are among the commonest of ills. With rare exceptions neither locality, occupation, nor the position held in the social scale can secure immunity from them; nor is there any period of life from youth to old age in which they may be escaped. Even infancy is not spared by them, and it is among the youngest, unfortunately, that they are apt to be the most severe, causing to the child much present suffering, and preparing the way for far greater evils to come. It is important, therefore, that where these conditions occur they should be recognized at once and their dangers appreciated, so that the causes which give rise to them may, if possible, be found out, and through their removal, and by the application of the best known means of aid, the child may be relieved with all due thoroughness and speed. At this season of the year, when throat troubles are particularly rife, it seems well to call especial attention to them. The chronic throat troubles most commonly met with in children are chronic inflammation of the pharynx, or pharyngitis, chronic laryngitis, and chronic tonsilitis. Of these, the latter is the most common and at the same time the most important.

The causes of these difficulties are many and varied. To lead to a clearer understanding of them, they may be divided into three general groups—namely, the constitutional or hereditary, the predisposing, and the exciting. And since the same causes are apt to produce either one of the three conditions

named, we may consider them together, and thus save time.

### CONSTITUTIONAL CAUSES.

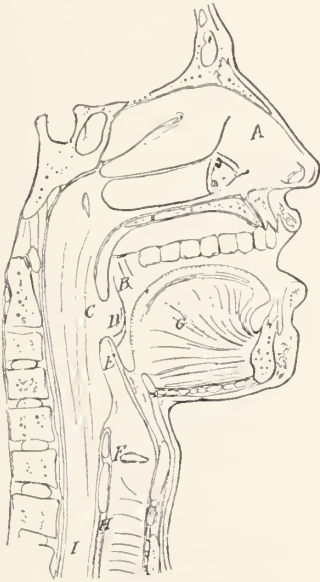
The constitutional causes are such as arise from the presence in the system of the child of some tendency inherited from the parents, such as rheumatism, gout, or the so-called strumous or scrofulous condition. Where either of these is present, it will be necessary for the physician to exercise some care in recognizing it, as treatment directed to the throat trouble alone will not succeed in thoroughly reaching its real origin, and, while much may be done by means of local treatment, measures calculated to improve the general condition will be demanded in order to secure the best results. These, of course, must be carried out under the advice of an experienced physician, and when properly prescribed will add greatly to the well-being of the patient.

### PREDISPOSING CAUSES.

The predisposing causes include general weakness of constitution, either natural to the child, or acquired from long-continued or severe illness of almost any kind; or from unhealthy surroundings, bad air, improper food, or general neglect. There is another cause, not generally recognized, to which attention is called. Diphtheria, in the experience of the writer, is often followed by inflammatory conditions which become chronic, are apt to be severe, and may follow the patient throughout the rest of his life. The same has often been observed of scarlet fever. There can be no question but that the



convalescence of these patients should be carefully watched, and the general inflammatory conditions which follow be diligently treated. These causes, although not always easy to reach, are more directly under our control than those of a constitutional nature, and, therefore, should receive careful attention; the more so, since it often happens that they may be removed by a little watchfulness and foresight on the part of those entrusted with the child's immediate care. Feeble constitutions may be strengthened and improved, even though the outlook at the time may seem most discouraging. It is not uncom-



SECTIONAL VIEW OF NOSE, MOUTH, PHARYNX, ETC.

A, nasal cavity; B, anterior pillar of fauces; C, posterior pillar; D, tonsil; E, epiglottis; F, interior of larynx—the prominence in front is the "Adam's Apple"; G, tongue; H, trachea, or windpipe; I, œsophagus, or gullet.

mon for a child, at first weak and puny, at last to get the better of his condition, and by the time he is three or four years old develop a full degree of vigor. Not always does the lustiest infant make the strongest and most enduring man. The general weakness following illness is another possible source of mischief. Here our best plan is to seek to restore to the system its natural tone with the least delay, and thus reestablish the health before any additional trouble shall have

developed, meanwhile observing whether the throat has shown any signs of especial weakness.

To the other factors, namely, unhealthy surroundings, bad air, improper food, and general neglect, each most important in itself, it will be necessary here only to call attention, as they will be more fully considered later on and in another connection. Their influence, however, should be carefully remembered, and the part which they contribute toward a given case clearly understood and recognized. Finally, and most important to us of all, because most immediate and most under the observation and control of the guardian, are the influences by which these chronic troubles of the throat are at first developed, and, later on, established and confirmed—the exciting causes, as they are called.

#### "TAKING COLD."

Far before any other cause in frequency and effectiveness is "taking cold." Could the patient, whether infant or adult, be protected from this, chronic troubles of the throat would indeed be rare. In our climate, however, there is hardly any season in which one may be secure, not so much by reason of the severity of the weather, as from the violent sudden changes which take place in the temperature and quality of the air. The process is a simple one, and will be easily understood, being explained as follows. The child takes cold, and, as a result of the trouble confining itself chiefly to one part, has an acute inflammation of the tonsils, of the pharynx, of the larynx; or, perhaps, of all three. This acute inflammation, either from the child taking other and fresh colds, or by reason of his laboring under some of the predisposing or constitutional causes mentioned before, is slow to disappear. One attack renders the child more liable to another; the attacks recur at shorter intervals and are more and more slow to depart; they finally bridge over the interval between each new cold, and the disease is established. The trouble of the throat, at first acute and temporary, has



become chronic and is permanent. Here, again, a new chapter of misfortunes begins; for the disease, having reached the chronic stage, does not by any means remain inactive, but proceeds to bring about changes in the parts affected which may be of vital importance to them, and, indirectly, to the health of the child. Thus, from chronic laryngitis the voice may become impaired, sometimes to a serious degree; from the pharyngitis the ear may become diseased, and the hearing injured or even totally lost; while from chronic inflammation of the tonsils there may result a permanent enlargement of those organs, known as hypertrophy of the tonsils, which, as has been said before, is the most common as well as the most troublesome affection of the three, and which may become so serious in its effects, both immediate and remote, as to destroy the comfort and even threaten the safety of the child.

#### ENLARGED TONSILS.

Indeed, the gravity of a severe condition of enlargement of the tonsils is seldom understood, even by the physician, so that it may well challenge our attention and study. Enlarged tonsils do harm first by keeping up, through the irritation caused by their presence, a stubborn condition of catarrh, which cannot be removed so long as the source of the irritation is allowed to remain unrelieved. Again, it must be remembered that the part of the throat in which the tonsils are found is, by nature, no larger than is necessary for the performance of the functions of breathing, swallowing, etc. Any increase in the size of the tonsils will surely diminish the capacity of the pharynx, and thus hinder the process of swallowing and destroy the quality of the voice, making it thick and harsh; finally, it will prevent the free entrance of air, not only by way of the mouth, but also through the nose. The child will be a "mouth-breather," as it is called. Now, nothing is so important to us as oxygen. Without it we quickly die. Without a sufficient amount of it the child cannot thrive. Accordingly, we find a child with whom the supply of oxygen is diminished by enlarged

tonsils restless and feverish at night, just as we would be if we were to sleep in a close, ill-ventilated room. He will sleep with his mouth open, and will snore; his digestion will be bad; his complexion pale; his eyes dull; his expression heavy; he will be small and delicate, and liable to far greater dangers from the ordinary diseases of childhood; he will be more susceptible to all acute diseases of the throat, particularly diphtheria, and should he contract the latter it will almost surely be more severe in its nature and harder to deal with; his hearing may be injured, his chest will become narrow, contracted, and even deformed; and if he out-live the dangers which beset him, and enter upon his career with a constitution not greatly enfeebled and impaired, he will be fortunate indeed. And all this because of the enlarged tonsils, which are not only chronically diseased themselves, but foster and keep up a state of inflammation in the surrounding parts.

#### PREVENTION.

Having now recognized the causes of these chronic troubles of the throat, it will be easier to understand the means by which they may be prevented, or at least relieved. Of these, good hygiene is the first; we might almost say as well that it is the last. The two great principles of prevention may be summed up as follows:

First—See to it that the general physical condition of the child is at its very best.

Secondly—Do not let it take cold.

The question which will naturally arise is, How can these ends be best accomplished? and the answer to it will lie, to a great extent at least, in the following suggestions:

Since fresh air is of the first importance, try to keep the air which the child breathes as pure as the external air, but *without chillness or draughts*. Furnace-heat is an abomination, and a cause of endless trouble; therefore, let the child's room be a sunny one, and heated by an open-grate fire. See that the air is fresh by night as well as by day. A child of over three months old and of fairly vigorous constitution should be taken into the open air every day, unless the atmospheric

conditions are decidedly unfavorable. Even upon a cold day, ten minutes in a spot sheltered from the wind and exposed to the sun will be productive of no harm and much good. When it is possible to stay out for but a short time, it is well to divide the process, and send the child out twice, once in the morning and again in the afternoon, but always in the sun. High winds and dust are to be avoided. There is far more danger from too little out-door air than from too much.

The question as to how much clothing should be worn will have to be determined by the severity, or otherwise, of the temperature, and the happy medium between too little and too much protection secured. Garments calculated to make the child perspire should not be worn. Any constriction about the body and limbs is also bad. Short stockings, worn either winter or summer, expose the child to dangers of which no sensible mother will run the risk. Such a process may toughen a Scotch highlander, it is true, and even make for itself advocates among the parents of unusually strong and healthy children in this country; on the whole, however, both theory and practice are against it, and in cold weather, at least, it cannot be too strongly condemned, particularly with children subject to troubles of the throat, or constitutionally feeble. In very cold weather leggings should be worn out doors, and the feet be kept dry and warm.

One of the best means at our disposal for invigorating the child, and overcoming the tendency to take cold, is the bath. While it is a good friend it is as well a powerful enemy. To be properly used, it should be cool enough to stimulate, but never cold enough to chill. The addition of salt to the water is often of great benefit. As water will only dissolve a limited quantity of salt, there is no

danger of making the solution too strong. With infants and rheumatic children the use of the bath should be carefully regulated. It is well to study the effect of water upon the child and, if necessary, make the temperature less cool.

Finally, the diet should be judiciously managed according to the best established rules, the sanitary condition of the surroundings made as perfect as possible, and such local treatment applied to the throat, under the advice of the physician, as shall relieve as quickly as possible the acute attacks and lessen the danger of their recurrence. Where enlargement of the tonsils exists, it should be taken in hand at once, and if the efforts of the physician, after a fair attempt at local and general treatment, do not result in success, a portion at least of the tonsil sufficient to relieve the condition should unhesitatingly be removed. The idea that the child will "grow to his tonsils," as it is expressed, is thoroughly mischievous. Even admitting that their size will diminish toward adult life, the evils caused by their presence will far outweigh any real or fancied objection to their removal, while in the hands of a skilful operator the dangers are almost too slight to be considered.

In conclusion we would urge that these chronic troubles of the throat are of serious importance to the future of the child; that they may be averted by proper care and treatment; and, finally, that there can be no question that the earlier they are taken in hand the easier it will be to bring them under control. Of course, even following out the best rules will not always result in complete success. This, however, should not deter us from giving to the child every advantage, and thus securing for him to the extent of his capability the maximum allowance of health and strength.



## THE PUNISHMENT LEDGER.

BY PHILIP G. HUBERT, JR.

IT seems to me that the keynote of Herbert Spencer's admirable book upon education is to be found in the remark: "Always remember that to educate rightly is not a simple and easy thing, but a complex and extremely difficult thing: the hardest task which devolves upon adult life." Later on Spencer contrasts the great attention bestowed, even in the most intelligent communities, upon the breeding and care of dogs and cattle, with the small attention paid to the breeding and care of children; and, incidentally, he mentions the stock books of the country gentleman, in which every observation concerning the choice animals of the farm is jotted down for future guidance. If the animal is sick, the symptoms are noted at length and the different treatments followed are described, in order that should there be a recurrence of the disorder, similar treatment to that found to be helpful may be tried. Every farmer knows the care with which he tests the value of land and manure by constant trials under varying conditions; for a choice variety of cabbage he will keep a whole set of books showing the manures used, the methods of ploughing, the origin and history of the seed, the manner of planting, of cultivating, and so forth, and therein will be noted the results of this procedure in order that next year's crop of cabbages may profit by the knowledge gained. The farmer will do all this cheerfully for his cabbages, but how many books does he devote to the record of things which will influence his children for good? Are children less sensible to varying conditions than field crops? Is there not, upon the contrary, visible almost immediately to a careful and sympathetic parent the effect of kindness or unkindness, of punishments or rewards, justice or injustice? The parent who has not found out how much more readily the child—even the baby—responds to good or bad treatment than

the field of cabbages, has never really taken the trouble to consider this most complex of problems.

Some time ago it occurred to me that while both my wife and myself rejected entirely Lord Palmerston's dogma to the effect that "all children are born good," we were careless in assuming that all children are born equally bad; differences in degree of viciousness being established, no system of discipline or punishment could avail permanently which failed to recognize to a nicety such differences. Every parent knows that the right punishment for one child may be the wrong one for his brother or sister; nevertheless, while this will be at once admitted as self-evident, are we very sure of our facts? Do intelligent parents know that when Lilly and Arthur conspire to get the baby's piece of cake away from her, Lilly ought to be spanked and Arthur made to give his piece of cake to the baby the next day? If parents were as sure of their children as the farmer is of his cabbages, there ought to be no doubt on this point, because the experience of the parent ought to indicate at once the proper treatment for the mental disorder, assuming that all wickedness is a mental disorder. But, as a matter of fact, how often do we punish upon scientific principles? In one family I know, punishment goes by tradition; for generations the boys have been thrashed and the girls locked up in dark closets, no matter what the offence. In another family the bad boy or girl goes to bed without supper. Again, it may be said that in a large family it is impossible to keep in mind the peculiarities of each child; if whipping is found to make Arthur an angel for several hours or days, the chances are that when Lilly comes upon the scene the efficacy of whipping will be so well established in the parent's mind that she will get a certain amount of whipping to no good, and that the failure of the punishment

will be ascribed to stubbornness, which calls only for a double dose.

Perhaps the following plan, which I adopted experimentally some time ago, may commend itself to some parents, even though I have no wonderful results to offer: In an old account-book I have a few pages devoted to each of my children; in the part devoted to each child I note the offence under its proper date, the punishment adopted, or punishments if the first has not proved sufficient, and the results. For instance, on such a day I find that Lilly, aged four, got at the shoe-blackening bottle, soiled her own hands and the baby's frock. Punishment: no cake at luncheon. Tears, but no expressions of remorse. Twelve days after, according to the ledger, Lilly tried the polish-bottle again; this time she was compelled to wash her own hands until the last vestige of blacking had disappeared; it took her half an hour, and there is no record of a repetition of the offence. Turning to another page, I find that with Claire, aged two, the only remedy for naughtiness, until within a fortnight, has been a gentle whipping; she persisted in poking her fingers into the fly-wheel of the sewing-machine, and in getting them jammed in bureau drawers. Such mishaps as she met with seemed only to encourage her, and the only efficacious remedy noted is, "whipped"; after which there is a blank in the record for several days. Since I have begun to write this paper, however, Claire was caught poking bits of paper through the fire-screen in order to watch them burn. Her nurse found that the warning, "*No, NO! NO!*" was not sufficient, and even whipping failed to stop it. So I put her fingers so near the hot coals that it was decidedly painful. That was some days ago, and now when Miss Claire finds a bit of paper she may look longingly at the fire, but before she gets there she stops and herself exclaims, "*No, NO! NO!*" It is not necessary to go further into this idea. The earlier we begin to classify punishments and their results the better. In the short time that I have kept my discipline ledger I am sensible of two things derived from its study.

First, we need substitutes for whipping, which in nervous children may do harm. I see no reason why the first page of my ledger should not contain a list of punishments, the longer the better, in order that the "punishment may fit the crime" to a nicety. I have quite a list already, but doubtless the readers of *BABYHOOD* could suggest hundreds which have proved valuable when everything else failed. Secondly, we generally trust too much or too little to a child's reasoning powers, judging from my own and my acquaintances' experience. I have found that when punishment is administered with an explanatory lecture the result is sometimes excellent, while without such a lecture it may be almost nothing. Spencer says a great deal about making a child learn to do right by being made to feel the consequences of doing wrong; but he does not, perhaps, give due weight to making sure that the child connects cause and effect. If my own children are not more stupid than other people's, there is frequently no real understanding, and consequently no value in rational punishment of this type, although there may be an apparent understanding. For instance, my six-year-old boy, with perhaps an inherited passion for scribbling, is fond of getting at my blotter and pulling the cap off my stylographic pen. I punished him one day by giving his sisters some pencils to write with, while he had nothing. He seemed to understand, and I asked him why his sisters had pencils and he had none. "Because," said he, "pencils have no caps to come off." Some explanations were needed. I have also found it useful to make an elder child the interpreter, as there seems to be an understanding between children beyond the knowledge of the parent, and this practice works both ways. When I tell Arthur to explain to Lilly why she goes without cake at luncheon, I am able to gauge very accurately the boy's own capacity for discipline of the kind. The more I study the subject the more convinced I am that goodness in a child is simply strength of reasoning powers, and that viciousness is weak-



ness. A child is sometimes born vicious—*i.e.*, its reasoning power is weak by inheritance. The punishment which the four-year-old child does not understand is thrown away. It is not worth my while to say that the practice of indiscriminate scolding, cuffing, and whipping shows far more viciousness in the parent than in the child. Parents who follow or allow this practice can never establish the sympathetic relations with their children essential to helpful discipline. I recently heard a well-known lecturer contend that parents often whipped their children again and again when the supposed obstinacy was simply terror. Such an error indicates merely that the father does not know his child, and is therefore not the proper person to mete out punishment.

Lastly, my ledger enables me to test the child's understanding of punishment, by referring back and asking it why he was

punished in such and such a way, and what I ought to do with Lilly for cutting the hair off Claire's doll. Not a day passes that I do not find some illustration of the misunderstanding or misconception which children gain when parents are sure that everything is clear. Last night my wife was reading the story of Joseph and his brethren for the hundredth time. "Arthur," I interrupted to ask, "do you know what kind of a pit the wicked brothers threw Joseph into?" Yes, Arthur said he knew all about it; and so did Lilly; it was the hard thing that came out of a peach and must be thrown away. I hope that I do not give my readers the impression that my home-life is devoted exclusively to devising means of punishing my children. Punishment is rare enough in our home to carry its lesson, even were it not based upon reasoning which the reader can take for what it is worth.



## BE PATIENT.

BY HALSEY L. WOOD, A.M., M.D., NEW YORK CITY.

THE word patience comes to us from a Latin word that means "to suffer." It is, therefore, not one of the passive, negative virtues, if any may so be called, but a most active and vital one. More than this, it is tender, loving, considerate, self-sacrificing. It is the bearing of crosses, present and prospective, with the brave spirit of tolerance, that not only takes from them half their burden, but makes of them ministers of light. Further, it is the check that holds back the hasty word behind the lips trembling to utter it; the rein, as well, that guides the dawning intelligence in healthful channels; the spur that stimulates the harmonious growth thus attainable. All this, and much more, is patience. The lessons of patience are many and various; and it is with

the purpose of enforcing, in a practical way, a very few of them that these lines are written to the mothers of BABYHOOD.

First of all, there is no greater mistake than to suppose, or to act as if one supposed, that moral precepts are indispensable for children's use, but not adapted to the more vigorous needs of adult life. Children are very quick to puncture this flimsy sham. An impatient and irritable mother, preaching the virtues of self-restraint to her children, is likely to have her practice heeded rather than her precept; with what result it is not difficult to forecast. I ask you, then, to have patience with—

1. The *impatience* of childhood.

Patience, like friendship, "is no plant of hasty growth." How many of us, at adult

age, have achieved its full fruition? A long life; the constant opportunity for its exercise; a knowledge—the result of long experience—of its temptations and dangers, have not sufficed to keep us all from the sin of impatience. Remembering this, let us consider the little ones, who, full of the importance of their active pleasures, are impatient of all delay. They have had no time, as yet, to acquire this virtue that comes to most of us so slowly, and often only through much tribulation. Their acquaintance with life is short, brief, and superficial. Their insistence is urgent; their wants imperative; remember this, and *be patient*. Have patience with—

#### 2. The *questions* of childhood.

Here is a child to whose recently opened eyes and active senses a world is exposed, but not one of the manifold wonders before it can it understand. Education must, therefore, guide and explain observation. This begins very early; long, indeed, before the first efforts at speech. The aimless thrusting out of a limb, by contact with some external object, excites a double sensation: that of muscular action, and that of the external object; and the two, in future, suggest one another. The lips and tongue may be said to be the first inlets of knowledge, in that they are the first vehicles of sensation. As it is natural for a child to carry all objects, of which it wishes to form a judgment, to its mouth, it in this way receives impressions not otherwise open to it. The great limitations of its knowledge, at this time, may be inferred from the fact that it is very long before it can locate the sensation of pain. If a pin gets askew and pricks its delicate skin, it makes no attempt to remove the offender, but can only helplessly cry out. Through such considerations as these we may understand the mental position of the child, as it develops, in regard to external nature. With the gift of speech, the urgent desire for knowledge breaks into verbal expression. Happy is that mother who, appreciating her mission as the one divinely commissioned to guide this little one, sees in the eager questioning nothing but a desire that urges the child on in spite of himself. It is a health-

ful impulse, but one that can be checked by petulance, irritability, and indifference. Have patience then with—

#### 3. The *noise* of childhood.

If it is unreasonable to expect children to cease importunate questioning, it is quite as much, if not more so, to ask them to keep their restless bodies quiet. Development and growth come through exercise. Muscles to grow must, therefore, be used, and the stimulus to this is constant. In the same manner are the lungs developed, and a due rate of chest-expansion preserved. The noise attendant upon this process is at times discordant, and grates upon the nerves; but it is a conservative process, and, within judicious limits, should not be interfered with. We must have patience with—

#### 4. The *selfishness* of childhood.

The offices of patience in our relations with our children are not exhausted in the sympathetic tolerance of their inherent and beneficial traits. A large view of its proper field includes the patient training and cultivation that tempers and modifies those equally natural but prejudicial. I refer here to selfishness. Selfishness is the basis of that principle of self-preservation that is common to all animal life. It is instinctive; and children, of necessity, have it and manifest it. Dr. Maudsley, a distinguished English physician, in his "Pathology of Mind," refers to this in these words: "To talk about the purity and innocence of a child's mind is a part of that poetical idealism and willing hypocrisy by which men ignore realities and delight to walk in vain shows; in so far as purity exists, it testifies to the *absence* of mind; the impulses which actually move the child are the selfish impulses of passion." "A boy," says Plato, "is the most vicious of wild beasts"; or, as some one else has put it, "A boy is better unborn than untaught."

It is entirely natural for the young child to appropriate to his own use whatever he can lay his hands upon. The want of the individual is appreciated first. Finally, when through education he learns that the principle of self-preservation can exist side by

side with a respect for the rights of others, and the higher principle still that there is a joy in giving and sharing, he then advances and takes his stride from selfishness to self-sacrifice. We would ask for patience with—

4. The *backward* and *stupid* child.

No mother likes to acknowledge, even to herself, that any one of her children belongs in the above class; she will still, however, make distinctions, and cannot help but notice degrees in aptness and facility. Be these greater or less, it is no part of her duty to let the child see that they exist through outspoken comparisons, or injudicious favoritism. "Is that *you*, Pet?" called out an inconsiderate father in answer to a timid knock upon his study door. "No, sir, it's only *me*," replied one of his children, who distinctly recognized that *she* was not the favored one. How that father's heart must have smitten him at this unconscious reproach of his neglected child! Let the parent rather give especial attention and encouragement to the backward one; study his body and mind,

make herself master of his strong and weak points alike; encourage and repress where necessary, and she will thus, if the work be tenderly and lovingly done, place her child where snubs and sour looks could never have lifted him. We would, finally, enter a plea for patience with—

5. The *timid*, the *wilful*, and the *lonely* child.

Who does not know them? Who has not seen them? These should be objects of the keenest sympathy and tenderest solicitude. Together with this, especial training and education will be necessary, having regard to the frail physique, delicate health, and susceptible nervous systems so commonly present in these cases. There is danger that these children will not be understood, and that a mistaken sense of discipline may lead parents to action that will but confirm morbid tendencies. Too often do these cases represent an inherited taint, that needs the most careful treatment, medical and educational, to prevent serious mental trouble in the children's future lives.

## PIGEON-BREAST.

BY J. B. BISSELL, M.D.,

*Instructor in Orthopedic Surgery in the New York Polyclinic.*

PIGEON-BREAST or chicken-breast is a peculiar distortion of the chest in which it resembles in shape the breast of a pigeon or chicken. It occurs in infants and children, and remains, if not treated, in adult life. It is found in all classes of society—among the poor more frequently and in severer forms than among the well-to do. Common as it is, most mothers know very little about this deformity. It is well worth the little trouble it will cause to find a case for observation. If sufficiently developed the difficulties and dangers surrounding a child so deformed will be more clearly perceived.

### OUTWARD CHARACTERISTICS.

The most striking characteristic of pigeon-breast is the great protuberance of the breast-bone, notably in its lower part, while in the normal chest this bone is on a level with or less prominent than the flesh covering the ribs on either side. The collar-bones are thickened and lengthened, and their normal curves destroyed. On each side, extending from the deformed collar-bones downward nearly to the last rib, is a broad, deep depression corresponding to the sunken and drawn-in ribs. It gives the impression at this part as if some strong force had

squeezed the sides of the chest in and forced it to protrude forward in front of the middle line. The lowest two ribs are not depressed like the others, but rendered prominent, and pushed outward and forward by the displaced liver and spleen, so that in this location, where the chest joins the abdomen, is a broad elevation running horizontally around the body toward the spinal column. Below this the abdomen is large and distended. From its laxity and



PIGEON-BREAST—FRONT VIEW.

protuberance the Germans give it the very descriptive name, "frog's-belly." The narrow, deformed chest presents a strong contrast to the large and pendulous abdomen, and in a well-marked case makes a striking picture. The chest is also compared to the keel of a ship; the collar-bones as they pass obliquely downward and inward to nearly meet at the upper end of the breast-bones forming the ship's stern.

#### RICKETS AS A CAUSE.

Pigeon-breast may arise from any one of several separate and distinct causes. First, and by far the most frequent cause, is a diseased condition of the bones known as *rickets*. In this disease the bones are soft and easily bent, or pushed out of shape. This flexibility is due to the absence of the mineral matter whose presence gives hardness and strength to the bones. Often they consist almost entirely of the soft animal matter, and in aggravated cases are so weak and easily distorted that the bone of the arm, for example, can be bent nearly double without breaking. Having little or no elasticity, they remain in whatever position they are pressed into.

This variety of pigeon-breast never develops before six months or after four years of age. The deformity is said to be occasioned sometimes by the weight of the arms

upon the soft ribs as the child lies in bed. It is a common practice among nurses to lift the baby by pressing the palms of the hands against the sides of the chest just under the arm-pits. This would increase, if it did not cause, the deformity. But it is in the most part produced in the following way: In breathing, at every inspiration, muscular action enlarges the chest-cavity outward and downward. The air cannot get into the chest through the throat and larynx quickly enough to fill this space at once, and for a short time the atmospheric pressure on the outside of the ribs is greater than the resistance within. In a normal condition the ribs easily support this, but in their softened state they gradually yield to this pressure, repeated at each respiration. This yielding takes place at the weakest portion, where they join the cartilages of the breast-bone, and here is found the groove above described.

#### OTHER CAUSES.

In every twenty-five cases of pigeon-breast nineteen are due to rickets. Pigeon-breast also arises from a paralysis of the muscles which move the ribs during respiration. This paralysis develops after certain diseases, most frequently diphtheria or whooping-cough. The deformity is not very marked and is not permanent. It is a very rare form.

Another and much more common cause is where the pigeon-breast is secondary to a deformity in the spinal column. It appears slowly; after four years of age most frequently.

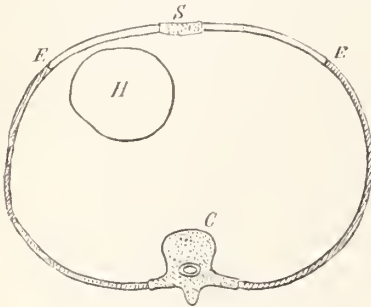
By careful examination a sharp projection like a knuckle will be found somewhere along the spine, usually high up. The projection of the breast-bone is principally at its highest part, and does not make the sharp ridge that the typical cases of pigeon-



PIGEON-BREAST, DUE TO POTT'S DISEASE OF THE SPINE.



breast present. Here this is a complication of Pott's disease of the spine, and is of itself of little importance compared with the real trouble. It might be thought that so severe an affection as this would have been noticed, and the patient taken to a physician long before the pigeon-breast had shown itself. Yet in the past year I have seen several children brought to be treated for well-marked chicken-breast who had had Pott's disease



CROSS-SECTION AT ABOUT THIRD RIB OF NORMAL, HEALTHY CHEST IN THE INFANT.

S, sternum, or breast-bone; H, heart; C, spinal column; E, junction of ribs and cartilages.

for months, which had not been observed, though it had produced an unmistakable humpback. Earlier treatment might have prevented both deformities.

In other cases pigeon-breast follows chronic enlargement of the tonsils. It never occurs before eighteen months or two years of age. The large, swollen tonsils nearly fill the back of the mouth and obstruct the passage of air to the lungs. This is commonly found in children with a pale, waxy complexion, who sleep heavily, with the mouth open, and are subject to attacks of catarrh, with temporary deafness, which may become permanent. This variety is not as typical as the others. It is characterized by a broad, cup-shaped depression low down on either side of the breast-bone, which is forced forward and tipped upward.

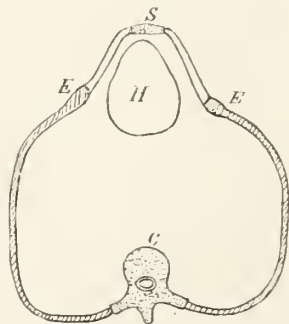
#### CATARRH.

Catarrh of the lungs, so-called, produces chicken-breast. It is brought about after successive attacks, and rather late in infant life. The narrowing and occlusion of parts

of the air-tubes in the lungs prevents expansion in their most dependent part, so that the lower ribs gradually retract, and after a time this retraction becomes permanent, and can never be relieved to any extent. Most of the depression is below the nipple in these cases.

#### DUCK'S-BREAST.

Another form sometimes called pigeon-breast, which could more properly be called "duck's-breast," occurs where the walls of the chest are small. The contents of this cavity are normal in size, and to accommodate them the ribs are forced into an oblique position. The entire chest is lengthened, the shoulders droop, their blades project, and are widely separated. The chest itself gradually becomes flat. This form is common among the children of consumptive parents. It does not follow, however, that such a child will have consumption, although many a little one has been sacrificed to a belief in the hopelessness of a struggle to prevent it. Even if there is consumption in the family from the deluge



CROSS-SECTION AT ABOUT THIRD RIB OF PIGEON-BREAST.

S, sternum, or breast-bone; H, heart; C, spinal column; E, junction of ribs and cartilages.

down, with proper care and attention these children will grow up to adult life free from any trace of this dread disease. As a rule pigeon-breasted children are remarkably free from both consumption and scrofula.

#### ORGANIC CHANGES CAUSED BY THE DEFORMITY.

The physical appearance of the chest is of much less significance than the changes

which this deformity occasions in certain organs of the body. The heart is pushed out of place and its shape distorted, thus impeding the circulation of blood. The lungs are compressed and displaced. The stomach, liver, and spleen are also pushed downward and pressed upon. Changes like these are very serious matters if allowed to remain. Such a hampered heart may beat along fairly well if there is no other disturbance, but if the child be attacked by some febrile disease, as broncho-pneumonia or scarlet fever, the heart has then double work to do, and little wonder if it gives out. It would be almost a miracle if it didn't. As with the heart so with the other organs. If the diseases of childhood are escaped there is still danger ahead for later life. Asthma is most frequently the result of chicken-breast. Acute, followed by chronic bronchitis, pleurisy, pneumonia, and various forms of heart troubles, may often be traced back to the pigeon-breast of early life.

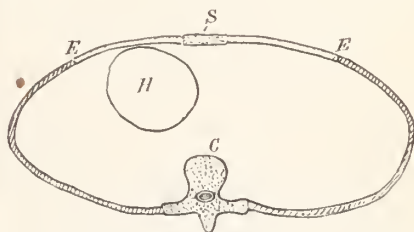
#### REMOVAL OF CAUSES.

In treating this trouble we have two objects to accomplish: to prevent its developing, and to get rid of it when it is already present. To prevent it, the cause must be removed. Rickets, for example, must be prevented or cured. To do this we have to supply the bones with their hard constituents in the shape of food or drugs. The hygiene must be of the best; the air pure and dry. The little patients should be out-of-doors every day, even in the winter. Flannel next the skin must always be worn, the amount of clothing to be regulated according to the temperature. The proper drugs are lime and phosphorus. These are the principal substances out of which the hard bone tissue is formed. They are to be given in a palatable and easily digestible form. A common prescription is, to a year-old child, ten drops or more of the syrup of the lacto-phosphate of lime three times a day, or compound syrup of the hypophosphites with iron. Cod-liver oil is also to be given. The foundation of all the treatment is proper food. Starchy

food must be cut down to the minimum. Before the age of twelve months no farinaceous food should be allowed under any circumstances.

#### TREATMENT BY THE MOTHER.

The pigeon-breast of rickets can be almost if not entirely removed during any stage of its development. The use of mechanical appliances to reduce the deformity is not very satisfactory. The following method of procedure will give very gratifying results: The child is placed on the side, with its back against a firm support; the palm of the hand applied to the most projecting part of the breast-bone presses this, during expiration, inward. As the breath is drawn in, the pressure is released, and repeated again as the air is expelled from the lungs. The mother is the best person to do this, and it must be done carefully and conscientiously



CROSS-SECTION OF FLAT CHEST ABOUT THE LEVEL OF THE THIRD RIB.

*S*, sternum, or breast-bone; *H*, heart; *C*, spinal column; *E*, junction of ribs and cartilages.

a number of times every day. Great perseverance is necessary, and the reward is certain. Pigeon-breast from muscular paralysis is benefited by massage and electricity. Tonics like nux vomica and strychnia are given by physicians. Such patients always recover.

#### SURGICAL TREATMENT.

When secondary to disease of the spinal column it is a very grave matter, and the case should be put in the hands of the surgeon at the first suspicious symptom. Plaster-of-Paris jackets and apparatus of various forms must be worn for long periods. The patience of mother, child, and doctor will be sorely tried before the cure is complete. The utmost trust and confidence must be

placed in the surgeon or the result will be sure to be unsatisfactory.

#### THE REGIMEN TO BE OBSERVED.

Pigeon-breast due to chronic enlargement of the tonsils is best treated by cutting or cauterizing these glands, making a free ingress for the air into the chest. When it arises from catarrh the latter must be prevented. Salt and alcohol baths to the chest, dry rubbings with a coarse towel or flesh-brush of back and chest will stimulate the skin to take some of the burden from the lungs. Living in a high altitude in a dry climate is essential. Exposures must be avoided. Tonics are necessary, and cod-liver oil is the sheet-anchor in these cases. In the flattened breast athletics of the chest is the only treatment of benefit. A systematic course is to be carried out—a certain num-

ber of respirations in the open air, increasing the number each day, with gymnasium exercise to develop the chest-muscles, must be regularly adhered to for an indefinite period. The improvement will be very gradual.

In that extremely rare variety where the children are born chicken-breasted the treatment just mentioned should be carried out, together with the intermitting pressure described for use in the form due to rickets. This latter is not to be used till after the first ten or twelve months. Moderate improvement can be expected.

It will thus be seen that for the great majority of pigeon-breasts everything can be done, for others a great deal, and for the very worst always something.

With occasional assistance and advice treatment can be carried out under the supervision of the parents or guardians.

## MÜTTERGARTENS—A SUGGESTION.

BY FLORENCE KLAPP.

WHILE reading Pestalozzi's realistic story of *Leonard and Gertrude* I found myself continually contrasting the setting of the story with life familiar to us. In spite of its unfamiliar *mise-en-scène*, the story is rich in suggestions. Shining softly through all the prosaic atmosphere of the narrative is the halo of Gertrude's maternity; and Pestalozzi, in portraying this, bequeathed to the world his theories of education for little children.

A successful kindergartner said to me: "It is only by training these tender minds by these better methods that we can hope for more desirable results in the mental and moral education of little children." I grant that. But if these better methods are used by the kindergartner and educator, and not pursued by the parents, what result can be expected? One certainly will come: a quick perception on the child's part of parental incapacity; and I do not use the word incapacity to denote mental inferiority. The

quick perception on the child's part of parental incapacity to pursue the better methods that it becomes cognizant of in its school-training should sound a note of alarm to parents, and especially to mothers. It is the mother, primarily, who governs the household of children. The little child in its kindergarten training hears the well-modulated tone, is addressed as an intelligent and self-respecting human being, is taught how to bear its part with others in games and exercises; its energies are directed, its budding talents developed, it is firmly and wisely governed, and it returns home after a few hours of personal delight. To what does that child return? In many instances to homes in which there is a lamentable lack of wisdom.

I know of no more abject condition than the incompetent mother. So many exclaim helplessly, "What shall I do? I hear good accounts of you at kindergarten, but at home you are nothing but trouble." Now

let the mother ask herself seriously why this is so. First of all, let her beware how she petulantly and helplessly exclaims, "What shall I do?" She acknowledges her own defeat by such an exclamation, and the subtle child knows it. When mothers begin to study the art of education, then will their perplexities be solved, for love will throw such light upon their paths that their way will be directed; and, moreover, a little child will lead them.

There is now a constantly increasing desire among women to have some mental stimulus outside of domestic life. It is found in many ways. Some take up the study of languages; some, music; others prefer active interest in charities, in a cooking-school, etc. Many are the ways found to meet this desire, each excellent of its kind. But as yet I have heard of but one class of women students for kindergarten training that counted among their number a fair proportion of young women who, recognizing its uses to them as mothers, entered into the study of its methods without the intention of using them for the practical purpose of a profession. Does this not seem to be an effort in a most desirable direction?

I sincerely believe that many mothers would gladly be more companionable for their children if they only knew how. They cannot yet separate the fact of the presence of their children from the fact of care and worry; therefore they delegate them to the hired nurse. Sometimes I feel that our kindergartens should be supplemented by *müttermatens*, if I may venture the word, so that our little ones may not be the victims of a glaring discrepancy between school and home training, and mothers may become adepts in the art of being delightful to their children.

And this is not as impracticable as busy mothers might at first be tempted to call it. I am appealing now to the universal mother-love—that divine instinct that urges all mothers to desire what is best for their children, but which in many instances they grope for darkly. To this maternal love I make my plea. But this love alone will not accomplish complete results. Animals love their young;

but a woman must do more than that. She must bring *intelligent* love to her task. I would have women engage in the study of education as a science. I would have them lose themselves in a new delight. I would refer them to their benefactor, Froebel, who has bequeathed to them in his philosophy and methods a study full of charming resources and results. A busy mother may not be able to place herself in a class for trained instruction, but no woman can be too busy to read. If she is, there is something radically wrong. Study at home the philosophy of Froebel; and if his language seems cumbersome and difficult to understand, there are other possibilities.

A woman has been Froebel's best interpreter, and in the books of Baroness von Bülow women can find suggestions that will surprise them into practical study of Froebel's methods. Abroad mothers attend lectures on kindergarten methods. Music will assume a new vocation when mothers learn that even nursery-songs can assist in the child's physical, mental, and spiritual development; play will reach the dignity of a philosophy, and work will become a new bond of sympathy. I would have mothers enter into the spirit that is the life of the kindergarten system.

Much can be gained by reading. But in many large cities there are trained kindergartners who could form classes for mothers, and there would arise mutual sympathy and counsel, because the best results of kindergartners' efforts must come from the co-operation of mothers.

I should practically suggest that in a *müttermatens* the philosophy of child-nature should be studied, Froebel's method be understood. The possibilities that exist in his gifts should be appreciated. The proper relation of music to the child's education should be realized. There would be a fascination and variety in this study that cannot, perhaps, be discovered when the dry words, philosophy, method, system, theories, are dwelt upon. But these all lead to a new world, where maternal cares and worry will become transfigured to joys and satisfaction.





## FEVER.

BY LEROY M. YALE, M.D.

IN the November number of *BABYHOOD* appeared an article on the fever-thermometer, in which was pointed out how useful in the nursery this little instrument might be in the hands of an intelligent person. The reading of this article has brought to mind many inquiries that have been made of us by mothers, and as they suggest points upon which others might likewise wish information, we have thought best to put them informally together here.

A common inquiry is: "Can I not tell if there is fever just as well by my hand?" No; the hand is not an accurate guide. It is true that the hand accustomed to constantly do certain things becomes exquisitely sensitive. It is said that the common expression "rule of thumb" comes from the practice of brewers who, before the thermometer had come into general use in the arts, judged of the temperature of the liquid in their vats by plunging the thumb into it. But in order to judge accurately the circumstances must be always the same. If the hand were always in the same state, and the skin in the same state, except as to temperature, and the mind were always calm, the judgment might be accurate. But the chances of deception are very great. Suppose the physician goes in from a cold outer air to the sick-room; to his touch a normal skin would at first feel hot. So the anxious mother may have a palm hot from fatigue, or worry, or clammy from nervousness. To the hot, dry hand the fever would seem less than it should; to the cold, moist hand higher than it is. So, too, the condition of the child's skin may lead to deception. Many times we have been shown the hot palms and cheeks of the child as evidence of fever when none really existed. In

the opposite way perspiration makes the skin seem cool when it is not, at least in covered places, and when fever really exists. These are almost daily occurrences; the very day of our writing we were told by an experienced and very intelligent mother that her child's fever had fallen when it really had risen a degree; the perspiration being the source of the error.

This leads to another common error—namely, that if the patient perspires freely he cannot have fever. This is a partial truth. In many disorders the high temperature ends in a profuse, so called critical, perspiration, and very soon the temperature falls nearly or quite to the normal point. Perhaps as striking an instance of this as any is the fall of fever in a paroxysm of common intermittent fever (chills and fever). But this is not always so; there are many disorders in which the temperature remains considerably elevated for a long time, while the skin is occasionally or even persistently moist with perspiration. A notable instance is the common acute rheumatism, or rheumatic fever. Against all these errors a good thermometer, properly used, is an efficient safeguard.

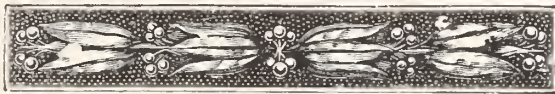
But with the thermometer comes another group of errors; for the possession of the instrument no more brings medical knowledge than the owning of a barometer makes one a navigator. The commonest error in our experience comes about in this way: It is commonly known that rise of temperature is an evidence of illness of some sort, and that the gravity of the disease is in a general way proportional to the amount of rise; but not content with this some persons have an idea that some fixed temperature is

uniformly fatal, and accordingly as the point they assume is approached their alarm is increased. Many times we have been asked if 104° F. was not always fatal. In point of fact what the certainly fatal point is, is not known. Cases of recovery after a temperature of over 110° F. have been reported; 104° F. is a pretty smart fever, but its gravity depends upon many coincident conditions. The parent who uses the thermometer ought to rest content with the facts gained by its use, and ought not to try to interpret them if a physician can be had to do it. High temperature may mean much, or it may mean little. The physician who finds it seeks for its cause, and the importance that he places upon the temperature will depend upon what he thinks it is due to. In one case he might be anxious, and in another of precisely the same marking he would confidently predict the prompt disappearance of the fever. Again, there are diseases not usually marked by very high temperature which are nevertheless very dangerous, while there are disorders that usually show quite high fever which, as a rule, involve no especial danger. Furthermore, a given temperature has a very different meaning if it appears only for a short time from what it would have if it continued for

some days, or frequently recurred after having temporarily fallen.

These instances might be multiplied, but it is unnecessary to do so. Those that have been cited show one thing—namely, that while the thermometer is a most valued instrument of precision to one who has learned how to interpret the information it gives, it will probably mislead the untrained observer who endeavors to go beyond the noting of facts. The thermometer in the nursery is a trustworthy friend if its function is only to obtain information in the absence of the physician; it is a mischief-maker that should be cast out if its unsifted testimony is to be made the ground of constant alarms.

Thus far the over-anxious mother has been chiefly considered. There is one other person who deserves a word—the self-confident one. Such people usually consider their trivial acquirements of medical knowledge as of great value, and enter upon the management of a case of illness with an assurance that is denied to many well-qualified medical men. The former class use the information of the thermometer to torment themselves with, the latter use it only as another support to their pretentious mismanagement of the helpless sick within their care.



## DOMESTIC TREATMENT OF SLIGHT AILMENTS OF CHILDREN.

BY JEROME WALKER, M.D., BROOKLYN.

### V.

#### DIARRHŒA—ITS NATURE AND CAUSES.

PURPOSELY has the writer headed this article *diarrhœa*, and not “summer complaint or diarrhœa”; for, though it is true that the majority of cases of diarrhœa occur during the heated term, still enough cases occur in the spring, fall, and winter to induce parents to carefully guard their chil-

dren against such causes as are under the parents’ control. Eternal vigilance is no less the price of liberty than of health in children; but vigilance does not mean so great an anxiety to keep the child from being sick that undue importance should be attached to one requirement—proper food, for example—while other necessities—good air, cleanliness of body and clothing, proper bedding, etc.—are neglected. There are

mothers and mothers—some that do too much for their children, some that do too little; and I cannot see but that one class does as much real harm as the other. True vigilance is an *intelligent* watchfulness, and is characteristic only of that proportionately small class of mothers known as “model” mothers.

No physician, much less a parent, however skilful, can rely solely on medicine, or any one hygienic remedy, especially in the treatment of diarrhœal ailments of childhood. Sometimes the details of treatment are many; and it is wise for the child’s caretaker to write down these details, lest in the midst of worry and the duties of house-work some of them be forgotten. It is better still if the doctor can find or make the time to write them out plainly and succinctly under the headings *food, air, clothing, cleanliness, exercise, medicine*, changing the directions on the card or paper from time to time as the progress of the case demands. Such written directions should be kept in plain view in some more or less conspicuous place, and not carelessly put away in a closet or drawer where they cannot be found when wanted.

#### PREDISPOSING CAUSES.

Granted the susceptibility of the alimentary canal of children, and the variety of experiments in rearing that the average child is subjected to, it is not surprising that diarrhœal troubles are common. The wonder is that they do not kill more frequently than they do. The children most often affected are those who have been debilitated by previous sickness. The starting-point in most cases of diarrhœa is an indigestion, so that attention to diet is a matter of prime importance both in preventing and in relieving attacks of diarrhœa. Other fertile causes are bad hygienic surroundings, overcrowding, with its filth, with emanations from the bodies of the many unclean, with the air poisoned by an excess of carbonic acid. Damp and long-continued heat, whether in-doors or out, relax and wilt the feeble baby or the one with whom experiments are the rule. When the thermometer rises to

eighty or ninety degrees, or more, and so continues for a number of days, and especially nights, the baby is robbed of sleep, the tone of its nervous system is lowered, and the child is in fit condition to be easily disordered by the milk which has soured, even so little that it can hardly be recognized except by the aid of “test-paper” or blue litmus-paper.\* Other foods sour almost imperceptibly at times. With the disordered condition of the child’s digestion, even suitable food frequently sours in the body, and either sours the passages (a green scour, as many people say), scalding the child when movements occur, or gives rise to sour vomiting.

Milk spilt or vomited upon the child’s clothing sours, and is a cause of pollution to the atmosphere. Who has not seen sweet babies and sour babies? The first you love to fondle, the second are positively disgusting. Sweet babies bespeak care, sour ones the lack of it. Many of our readers must have noticed the fact that in certain families baby after baby unfortunately must be classed among the sour ones. Such infants seldom grow up. They are prone to have various disorders, and to suffer from intestinal worms, which excite additional diarrhœa by the irritation they cause.

Weaning during the summer months, and the substitution of artificial feeding in these most trying months, cause much of the prevalent diarrhœas. Such a course should not be pursued without competent advice.

#### TEETHING AS AN ALLEGED CAUSE.

Teething or dentition is seldom the cause of diarrhœa, except when several teeth are cut at one time, especially in a child of nervous temperament, or when the appearance of teeth is the signal for parents and guardians to cram the child with more solid food than it has been accustomed to eat hitherto. A common idea is that “the teeth are at him” (the child); that the cutting of

\* This paper should be in every nursery, and can be obtained of druggists. Tear off a small piece and place it just under the surface of the milk. If the milk is at all sour the blue color of the paper will change to a pink or red, the rapidity and intensity of the change depending on the amount of acid in the milk.

a stomach-tooth, especially, is a calamity if it occurs in the hot weather. The facts are that healthy children, properly reared, suffer, as a rule, little or no pain when the teeth appear; that the irritation of teething is but little as compared with the officiousness of the child's care-takers. They are "at him" much more than the teeth are. The cutting of stomach-teeth occurs about the eighteenth month, the usual time for the average child to be living on food other than the mother's milk. Danger arises from careless feeding, not because stomach-teeth are in some mysterious way connected with the stomach; for they have no more connection with it than have the other teeth of a set. Unfortunately, the idea that they are so connected originated in the misty past, when physiology was not so well understood as now; and the belief has been handed down, almost without question, by family after family.

#### THE SECOND SUMMER.

So, too, the danger of the "second summer" is to a large extent mythical. The baby which has been nursed properly during the larger part of the first twelve months of its life, and is being carefully fed and cared for during its second year, is likely to thrive. But the baby fed during its first twelve months is more liable than at any other period to severe results from diarrhœa. If it survives the first summer it not infrequently carries a weakened digestion, if not a weakened nervous system, into its second year. The mothers of such children may well dread the second summer, if it be a hot one, and the parents cannot afford to obtain proper food, and have not the knowledge of how to care for ailing babies.

#### ACCIDENTAL CAUSES.

There are other causes of diarrhœa than those already mentioned. Babies, prone as they are to put everything they can into their mouths, make much mischief for themselves. I have known a sharp diarrhœa to be caused by a piece of Bologna-sausage, by corn-silk, and other articles picked from the floor and swallowed by the ever-inquisitive baby.

Sometimes diarrhœa in a nursing baby originates through its nurse, either as the result of emotion or from some laxative medicine given to the nurse or mother. Such medicine I have known to act, by some curious freak of nature, on the child, and not on the nurse or mother.

#### VARIOUS FORMS OF THE DISORDER.

The various forms of diarrhœa which prevail among children have different names; though it is a question whether they are not merely grades of one and the same general disorder, beginning in most instances as indigestion in the stomach, and becoming associated with intestinal indigestion or being replaced by it. So anxious are people sometimes to have a *name* for a disorder that when they obtain the name they either grow unduly careless or become over-anxious. Then, too, certain names are so carelessly used that unnecessary alarm is created. Cholera infantum, for example, the gravest form of diarrhœal disorder, is comparatively rare, even in this country, where there is considerably more of it than on the other side of the Atlantic; yet the term is frequently applied to diarrhœas even of the simplest form. The name indicates a *cholera* peculiar to infants (the result mainly of excessive heat), coming on more or less suddenly, and attended by profuse and frequent watery vomiting and diarrhœa, and by great prostration. Sometimes there is a high fever, and sometimes not. The term cholera infantum should not be, as it frequently is, applied to the diarrhœas of grown children, nor to any other condition than that detailed above. It is a very serious affection and demands prompt relief. Improper treatment or delay in treatment fails to retard, if it does not accelerate, "collapse"—a condition of utter prostration, in which it is a serious question whether life can be prolonged. Thoughtlessly and inaptly, too, another term is sometimes used—viz.: cholérine.

#### CATARRHAL DIARRHŒA.

The mildest form of diarrhœa is known as simple or, in medical language, catarrhal



diarrhœa, from the fact that its immediate cause is an increased flow or secretion of mucus from the lining of the intestinal canal—such a flow of mucus as is found in congestions of the air-passages extending from the nostrils back into the throat—*i.e.*, a catarrhal flow. The cause of this increased flow of mucus in the intestines may be damp, cold, heat, irritating food, or any of the causes of diarrhœa already outlined. The result is frequent movements of the bowels, attended with little or no pain, vomiting, fever, or general disturbance. The passages are for the most part of natural color, though of thinner consistency than in health, and have a glairy appearance from the excess of mucus. Especially if the food of the child has been at fault, some of the passages will contain portions of undigested food, coagulated casein of milk, etc., and be more or less streaked with green. If straining has been severe there will be likely to be streaks of blood in the mass.

#### INFLAMMATORY DIARRHŒA.

Many cases of simple diarrhœa will readily recover without medicine if the food is simplified for a day or two and attention is paid to air and cleanliness. If the simple diarrhœa is not remedied it will be liable to be

converted into the second and graver form of diarrhœal trouble—*viz.*: inflammatory diarrhœa, or, medically, entero-colitis; this meaning that the parts inflamed are portions of the small and large intestine.\* Inflammatory diarrhœa may originate as such, but generally follows an unchecked simple diarrhœa or a prolonged indigestion, and is the condition which is so frequently *called*, by the ignorant or careless, cholera infantum. The passages are at times very frequent, sometimes watery, but generally of variable consistency and color. The odor is ordinarily a sour one, and at times of a peculiarly sickening character. There may or may not be fever, vomiting, or straining. This form of diarrhœa is the one so liable to relapses, depending on repeated onslaughts of hot weather, or other irritants to the alimentary canal or the nervous system of the child. The ups and downs which the average sufferer has for one month or more are many. Fortunate is it if the child does not waste away and become a wreck, slowly, if at all, to regain health and strength. In this form of diarrhœa hygienic measures are worth more than medicinal ones; but they must be intelligently used.

The *treatment* of diarrhœa must be left to the next number of *BABYHOOD*.

## NURSERY HELPS AND NOVELTIES.

### "Anti-Rattler" for Windows.

IN the cold and windy nights of winter a simple contrivance for hermetically closing the windows and preventing their disturbing rattling must prove a welcome article. The "Anti-Rattler" claims these virtues, and as its price is quite low—one dozen, with screws, for 50 cents—no one ought really to be without it, especially in the nursery. They are screwed on, one into each side of the casing of the window, at the centre of the sash. Being placed so as to press hard against the outside strip, they answer the purpose of a complete weather-strip. The window can be easily raised, as the appliance revolves in the act.



### Lamp and Gas-Bracket Heaters.

FOR those who have no gas in their rooms the little oil-lamp heater, which is adjustable to lamp-chimneys of every size, will be a great convenience. Its price is only 25 cents. Another heater, here illustrated, can be adjusted to any ordinary gas-bracket; it sells for 50 cents.



### A Sprinkling Broom.

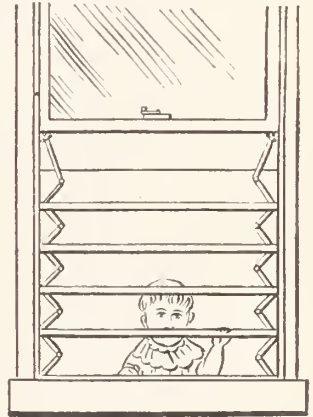
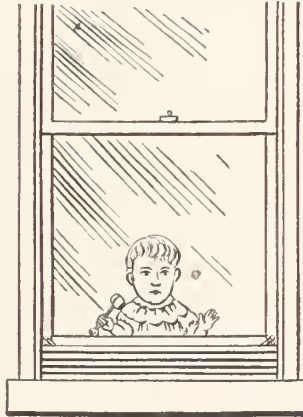
A NURSERY requires frequent sweeping, and as it is not always convenient or even possible to re-

\* See illustration in November number, page 424.

move a child during that process, it will be found to be a great benefit to possess a broom that will not raise any dust. Block's Patent Broom contains a sprinkler in the handle, which emits a fine spray on the floor while sweeping, and thus effectually lays the dust. Its price is \$1.

#### A Guard for Staircases.

WHEN Baby gets to be old enough to begin his peregrinations about the house on his own little feet it is generally found desirable to bar his access to the staircases. The gates usually employed for this purpose perform their service pretty well, but they are apt to be a nuisance to the people in the house. My baby boy is just old enough now to get into dangerous places, and the other day it was suggested to me to adopt a compromise between a gate and no gate at the head of the winding stairs leading down from the nursery floor. I have closed the entrance half-way, the portion left open being that nearest the wall, where Baby's descent, if he should happen to fall, would be arrested before he had got more than two or three steps. The half-gate consists of a window mosquito-frame, fastened by means of screw-rings and ribbons to the balustrade above the stair-



case. The expedient works very well. The older children can run up and down stairs unhindered, have no gate to hang on or meddle with, the grown people are not inconvenienced, and my own mind is relieved of the worry about Baby's danger.

L.

*Summit, N. J.*

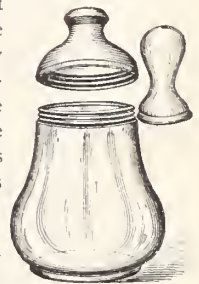
#### A New Window-Guard.

A NEW and really excellent invention exhibited at the American Institute Fair is the Automatic Window-Guard of which we give an illustration. This window-guard, as the picture clearly shows, is in position only when the window is open, being entirely concealed from view behind the lower bar of the sash when closed, so that the view through the glass is never obstructed. Being made of finest hard wood and brass, it is strong enough to resist far stronger pressure than

that ordinarily expected to be brought to bear against it. It is easily adjusted to any window, and requires no cutting or disfigurement of the frame or sash.

#### Another Nursing-Bottle.

I HAVE watched the successive numbers of BABYHOOD for a recommendation or description of the "Common-Sense Nursing-Bottle," which seems to me to be so much superior to those already mentioned; but as it has not appeared I have decided not to hold my peace any longer. The enclosed drawing will give you an idea how simple and safe it is. The glass is of such a shape that it is as easily washed as a cup, and holds half a pint. You will readily see how easily it can be filled with so large an opening. The white metal top screws on with a rubber ring, like a fruit-jar, and the black rubber nipple fits on this. There is nothing to get out of order or to sour, and the



time it saves in cleaning alone is a great help to a busy mother.

The objection has been made by some that a baby cannot take its meals out of this bottle without being held. I think this is a great *recommenda-*tion, instead of objection, for it is certainly better for the baby, as your magazine has so often testified. For my part, I felt so sorry to have to give up nursing my boy that I have been glad enough to hold him while he was taking his bottle, and have never felt that it was wasted time. Another advantage it has is its durability. It is practicably unbreakable. The bottles are made in Allegheny, Pa., by William Hughes, but any druggist could procure one, if he did not keep them in stock. W.

*Rochester, N. Y.*

[Our previous cautions regarding absolute cleanliness would apply especially to the above, on account of the metal screw portion. In comparison with other bottles which have been described, we do not think this one necessarily superior; but its merits speak for themselves, and we are glad to publish all new information on this subject.]

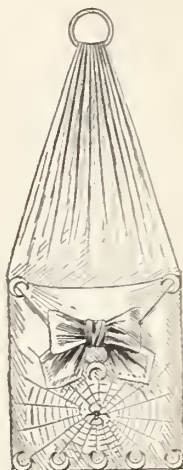
#### Nursery Duster-Bag.

If the cheese-cloth duster in the nursery is as much of a nomad as the rest of her kind, a per-

manent abiding-place will be quite as welcome to her as to her sisters under the same roof. A duster-bag made of pretty cretonne is nearly a yard long and one-third of a yard wide. One end is turned up nine inches and sewed into a seam to form the bag; the rest is gathered twelve inches from the end into a brass ring large enough to slip over a door-knob. This end, falling over the opening of the bag, is pointed, and ornamented with a bow. This is inexpensive, quickly made, and of daily convenience. A more elaborate bag is of olive felt, lined with orange-colored silesia; a cobweb and spider outlined in orange crewel decorates the bag, and a handsome bow of ottoman ribbon with eight brass crescents form the finish. This is a pretty bit of color in sitting-room or elsewhere.

*Albany, N. Y.*

D.



## NURSERY OBSERVATIONS.

**A Musical Prodigy.**—If musical babies are to be chronicled, will you not give my little maid a place among the infant phenomena? Schiller's "Ode to Joy" calmed the most violent colic when all other tunes and remedies failed, and at two months old she would stop crying to listen to a hand-organ. A little uncle, who danced for her amusement, always sang the old jig-tune, "Old Mother Hare," and the baby surprised us all one day, when she was ten months and two weeks old, by singing the little air slowly and correctly through, from beginning to end, except the last note (about middle C), for which she gave a nod, but would not attempt the note. We made her repeat it often, and in a week she had it all, beating perfect time with one little hand as she sang, and keeping time for the rapid chorus, which she never learned. Before she was a year old she would sing a single note if sounded for her, changing

from one to another; but she usually tired after the third or fourth note. She also sang her little song in any key in which it was set for her, of course within the compass of her little voice. She is twenty months old now and sings a few more songs, but has not kept up her reputation as a musical genius, for I believe many children of her present age sing, although all the wise-  
acres who heard her perform seem to think ten months unusually early to begin.—*Mrs. R. W. P., Newark, N. J.*

**A Whistling Babe.**—I wonder if any other mother who reads *BABYHOOD* can tell of a little son who whistled at twenty-one months? Am I mistaken in considering it quite unusual?—*Mrs. G. H. C., Jr., Fire Creek, West Va.*

**Honest to a Fault.**—My oldest boy, six years old, is frank and honest, almost to a fault. At least so much so as to make it a vexed question sometimes how to deal with him. Whenever his

father or mother have been away from home he will run to meet them, and, in a lugubrious tone, tell them all of his faults committed while they were away. It is *always* the same, no matter what he has done. He is not perfect by any means, and sometimes the list is a very long one, and there are faults for which he should be punished; but I dread doing so, for fear of checking this wonderfully rare trait.—*N. N., Massachusetts.*

**A Preference for Dissyllables.**—My little boy, fifteen-and-a-half-months old, has a curious way of learning the meaning of words not commonly used in his hearing. The first word he ever said was "papa"; the second was not "mamma," but—"button." And he has since unerringly applied it to every kind of fastening, from a shoe-button to the large clasp on a cloak. Within a few days he has invented the word "*cocker*," by which he calls every kind of timepiece. Here, too, it is some principle which decides him and not the appearance of the object, for there is one clock in the house of a peculiar shape, unlike any other which he has ever seen, yet he says *cocker* as soon as he glances at it and hears its tick. Also when papa takes out his watch the baby immediately notices it with the same word. Another thing which seems strange to me, though it might not if I knew more about babies, is that my boy finds the greatest difficulty in speaking words of one syllable, while he will repeat almost any word of two syllables after hearing it two or three times. This may account for his never having made an attempt to pronounce his own name, John, though we have tried hard to get him to do so.—*A. A. D., Leonardsville, N. Y.*

**The Vanity of an Art-Critic.**—In your October number you speak of a little boy seventeen months old as having shown unusual keenness of perception in regard to pictures. If this is uncommon at his age, I think I may be pardoned for feeling proud of my baby-girl, who is but just *twelve* months old, and who has developed equal powers of observation in the same direction. She cannot be induced to look at even the smallest picture upside down, and will turn it right instantly. She seems to need but a glance to see if the picture is straight, even if an entirely new one, and we have tried repeatedly to puzzle her, but in vain. She has recently acquired a new accomplishment, which her admiring relatives think very funny, though perhaps it is one of those things which need to be seen to be appreciated. She has a small frame, but is very plump indeed, especially her

little legs, which are like little cushions. A number of times, when lady friends have called and have spoken of her being so fat, I have shown them the little knees. Of course I never dreamed that such a baby could notice my doing so. A few days ago my minister called and asked to see the baby. She was somewhat afraid of him, and sat regarding him with a very sober face and wide-open eyes, but when he said she was "very fat" the midget gravely lifted her clothes up as far as possible and stuck out both little legs for his inspection. At first it seemed as though it must be accidental, but we found that any allusion to her being "fat" invariably called forth the same exhibition of the little knees, and in the street she even pulled off her afghan and then lifted her dress to show her knees to two ladies, who, in passing the carriage, remarked "What a fat little baby!" We think this rather ridiculous in a one-year-old, though doubtless "other people's babies" have furnished as much amusement to their admirers as our little woman has to us.—*M. L. C., Brooklyn.*

**A Natural Poet.**—My husband and I have for some time watched with amazement what looks like the development of a poetic vein in our youngest child, a girl of five. Without being able to read she will often pick up books and begin reading aloud (to herself only, for she shuns listeners) imaginary poetry. Generally a more or less incoherent jumble, but sometimes containing a pretty picture, and not seldom a good rhyme. Thus I have heard her declaim: "My butterfly, I cannot follow, my wings are broken, but my heart is gay," or

"I cannot stay  
This merry day.

And so, my dear, I go away."

We have no hopes (or fears?) of her becoming a real poet in due time, but we wonder what could have given her the taste for rhyming at this early age. None of our other children have ever shown a trace of it.—"*Prosaic*," *Pottsville, Pa.*

**Somnambulism in a Child.**—For the benefit of mothers who have had similar experiences, and can in turn enlighten me, I wish to inform you of a singular occurrence with my little girl, who is five years and a half. She has been from her birth a very sound sleeper, and is, although slightly nervous, perfectly healthy. The other evening as I was sitting in the hall reading, after having put Mamie to sleep—not in her crib, but, for an accidental reason, in my own bed—I was astonished and frightened to see her



suddenly make her appearance in the hall, apparently wide awake. Upon my asking, "What is the matter, darling?" she answered in her usual tone: "Oh! nothing, mamma; I want to go down-stairs." I picked her up and carried her into the room, back to bed, without the slightest remonstrance on her part. She slept on quietly all night, and in the morning had no recollection whatever of her escapade. —*X Y. Z., Boston.*

**Tender-hearted Yearlings.**—The influence of music on children, as told by several of the BABYHOOD mothers, reminds me of a freak of my two children when about a year old. Before

the oldest boy could talk he would begin crying whenever he heard, in song or story, this line of "Bo-peep's" sad story: "She found them indeed, but it made her heart bleed." He had completely outgrown this before his little sister came, and nothing was remembered of it until she began, at about the same age, to cry bitterly whenever she heard about "Tommy Grace," who "had a pain in his face." Some of Mother Goose's rhymes are enough to make older people weep, but for a year-old baby to find this out indicates wonderful intelligence. Do you not think so?—*M. C. H., Cranford, N. J.*



## NURSERY PROBLEMS.

### Stiff Soles for Babies.

*To the Editor of BABYHOOD:*

At what age should a child wear stiff-soled shoes? Our baby has worn kid shoes, soft soles, since he was seven months old. He is now one year, has never shown any inclination to walk or creep and is large for his age, strong, and healthy. Will a stiff sole injure the shape of the foot?

*Newton, N. J.*

R. P. C.

The stiff sole is not necessary until he begins to walk out-of-doors; it then is useful to prevent bruising of the foot. The stiffness of the sole, if the latter be shaped rightly, will not change the shape of the foot; but unfortunately the shape of baby-shoes is not always right, although they are usually less atrocious than the soles made for adults.

### Disagreeing Doctors.

*To the Editor of BABYHOOD:*

I have much faith in BABYHOOD, and would like to ask its opinion of my baby boy, now eleven months old. When he was four months old, my supply being insufficient, I began to feed him farina prepared according to BABYHOOD's receipt. His bowels were loose all summer, and I then gave him barley-water and milk. This did not seem to satisfy him very well, and as soon as the weather became cool I went back to farina. I tried giving him strained oatmeal, but it caused a red eruption on his body. His digestion seems to be very easily upset. He has not cut a tooth yet, though his gums are badly swollen. His bowels became so bad at

one time that I took him to a new physician, our family doctor being away. He said that his system lacked salts of lime, and gave him some medicine that helped him temporarily. But after a time his bowels became loose again, and I called the family doctor. He laughed at me for thinking of rickets, and said he didn't look anything like a rickety child. I will tell you why I feared it. First, the fact of his having no teeth at this age. Next, his head used to sweat when he slept. It does not so much now when he is asleep as when he exerts himself in nursing his bottle or playing on the floor. He took a severe cold in his head and then it sweat badly. The opening in his skull is almost closed. He began to creep at seven months, and, I think, will soon walk. He weighs twenty pounds, and is about twenty-seven inches tall. He has a habit of crying in the night, sometimes in his sleep.

1. What do you think is the cause of it?
2. Do you think he has indications of rickets?
3. Is lime-water good for him? and is his food right?
4. What is your opinion of whole wheat flour as a food for babies?

AN APPRECIATIVE READER.

*Port Huron, Mich.*

1. It would be difficult for us to say why he cries at night. He must be partly awake to cry at all, and one of the commonest causes is indigestion.

2. "When doctors disagree who shall decide?" is a proverb. All the same we should side with the "new physician." It was not a marked case of rickets, but the bowel-symptoms

and those you mention were enough to suggest the beginning of the trouble. Unfortunately many physicians seem to disregard its existence until the stage of deformity is reached, apparently considering these distortions as the essence of the disease rather than the effect, as they should.

3 and 4. Lime-water is very often useful in such cases, but it is not to be used indiscriminately nor for an indefinite period. We do not think that farina is the best food for your baby, but he needs a careful looking over by a physician before a diet is settled upon, and you should have the advice of one of your physicians.

#### **Anxiety about Brilliant Eyes.**

*To the Editor of BABYHOOD:*

Is there any necessity for worry because a baby has bright eyes? This seems like a very silly question, but I suffered with a complication of nervous troubles before my baby was born, and have been especially sensitive about him. And now an officious friend has "stirred me up"; on first seeing my beautiful, healthy boy, he exclaimed, "What wonderfully bright eyes he has! Has he ever had anything the matter with his head? No? I thought he might have had, as they are so very bright!" Under the circumstances I did not like it, to say the very least. No one else thinks his eyes are so *wonderfully* bright.

*Cranford, N. J.*

M. C. II.

There is no necessity for worry whatever. Nor, as far as you have given the facts, is there any ground for anxiety. If you have reason to suppose your baby hereditarily excitable, try to avoid excitements for him. Brilliancy of the eye is not an evidence of disease by itself.

#### **The Effects of "Jostling About."**

*To the Editor of BABYHOOD:*

Will BABYHOOD tell me if it thinks it injurious to the nervous system of infants under six months of age to be jostled about in baby-carriages, baby-jumpers, etc.

*Chicago.*

We do not know that such jostlings are injurious to the "nervous system," as physicians use that name—that is, in its anatomical sense—but we believe they do increase the timidity and excitability of children, or, in other words, make them "nervous," especially if already inclined that way. We do not, for various reasons, think a baby-jumper fit for a child under six months of age; and at any age a child's carriage should be trundled with care and without unnecessary jolting.

#### **Discoloration of the Teeth.**

*To the Editor of BABYHOOD:*

My baby is two years and one-quarter old. He has been very slow cutting his teeth, the last ones

(his stomach teeth) coming through two weeks ago. About two months ago I noticed his four front upper teeth were turning dark; the discoloring now covers more than half the upper part of them. He has always, though very good about everything else, fought against taking a drink of water and having his mouth washed, consequently it has been very imperfectly done. Could that cause it, or does it come from acidity of the stomach, from which he suffered greatly the first year? We tried changing his food, but found he retained the "Eagle Brand" of condensed milk best.

L. C. W.

*Germantown, Pa.*

If the discoloration is only a superficial one—that is, simply the greenish stain often seen on the teeth—it is probably due to the neglect of cleansing. The fact that the discoloration is on the upper half of the teeth makes this more likely. But we ought to say that the same physical peculiarity that favors late teething also is attended with stomachic disorders and discoloration and early decay of the teeth; so this is a matter to be looked into. The damage to the teeth does not come immediately from the acidity of the stomach, but they are associated manifestations of one cause.

#### **The Virtues of Onion and Goose-Grease.**

*To the Editor of BABYHOOD:*

I have heard a great deal about onions and goose-grease for the croup. Will you or some of your numerous readers kindly tell me how to use the combination, and whether its use has proved efficacious?

*Brooklyn, N. Y.*

FLORENCE.

We advise you not to use them. They are both nasty. The goose-grease is no better than vaseline, and the onions are but a poor substitute for many other things quite as easily obtained.

#### **Stocking-Supporters and Garters.**

*To the Editor of BABYHOOD:*

Would the Editor of BABYHOOD, who has thrown much light on so many vexed questions concerning the welfare and normal growth of children, enlighten a constant reader as to the comparative merits of the stocking-supporter attached to the waist, and of the old-fashioned garter worn above or under the knee? Is there any truth in the objections so often urged against the former that it causes an unnecessary strain, and thereby superinduces stooping.

*Kansas City, Mo.*

C. H.

A garter needs to be very tight—tighter than is wholesome—to keep the stocking as snug and free from wrinkles as is thought desirable by most mothers. A garter can be worn sufficiently tight to keep the stocking in place, and not do harm, but the wrinkles will be there. The stocking-supporter ought not to be so strong or so tight as to make any perceptible traction, and by having its upper attachment well back the tension may be made almost nothing in the direction to cause a stoop.

**Soothing Syrup, Peppermint, and other Topics.**

To the Editor of BABYHOOD :

I rely so much on BABYHOOD's counsels that I would like to ask a few questions of the Editor.

1. My baby is nearly three months old, and for the last month she has had such a bad cold in the head that nothing seems to do any good. Will you please tell me through BABYHOOD what to do for her?

2. I live near the 29° of latitude, and the mercury is scarcely ever below 35° in winter. Now, don't you think I can put short clothes on my baby by New Year's (when she will be four and a half months old), if I am careful of her?

3. Do you approve of *Soothing Syrup* when the child is fretful?

4. I have also used peppermint for "wind" on Baby's stomach. Will you tell me if there is anything better?

Pomona, Fla.  
J. C. O.

1. The symptoms are not detailed, and we can only give general advice. Careful cleaning of the nose by the aid of a soft camel's-hair pencil, the use of some substance, vaseline or glycerine for instance, to prevent hardening of the secretion, care to keep the bowels and stomach in good order, and avoidance of draughts are all we can suggest on the slight information we have. When "nothing seems to do any good" we usually infer that nothing has been thoroughly tried.

2. Better wait until the catarrh is cured.

3. Under no circumstances should it or any other such nostrum be given.

4. Peppermint, five drops in a teacup of hot water, with a pinch of bicarbonate of soda, will probably be as efficient as anything. The whole cupful is not to be given, but this quantity is mixed in order that it may better retain its heat.

**Condensed Replies to Various Letters.**

S., Boston.—The vermin are caught originally from some other person or untidy article. First see that the child's attendants and their apparel are free from the vermin. Careful combing and washing is next in order. Applications which will destroy the insects and their eggs are all potent drugs and must be used carefully. Tincture of larkspur has been much used in hair-oil mixtures, etc. For a young child it should be used very carefully, and only after great care in the toilet, persevered in, had failed. Probably a night and morning combing for a week will be sufficient, if you cut off the source of supply.

E. W. A., Medina, N. Y.—If your boy is "very healthy" the daily bath will not harm him. So long as he wears napkins frequent baths of the parts so covered will be necessary

for cleanliness. "The best treatment for croup" cannot be given here. The membranous croup spoken of is always a disease of the very gravest kind. It is now generally thought to be diphtheria, but whether it is or not it is a malady that taxes professional skill to the utmost and its treatment has no place in domestic medicine. If you have volume first of BABYHOOD you will find two articles, one on false and one on true croup.

Mrs. M., Hartford.—The pink stain is probably due to the urine and not to the movements. Urates ("the brickdust" deposits, so-called) in the urine cause this stain sometimes.

There might be danger if the child were a very nervous one. Most children do not "cry themselves to sleep" many times. One experience usually is enough, and they do not renew the fight; but there are exceptions, and we do not know if your child is one or not.

It is better not to give a young baby an extensive bath so long after a meal. If the bath is needed just then, do as little as cleanliness demands.

B. G. S., Christiansburgh, Va.—1. It is not really necessary to begin feeding yet, but it will probably do no harm and may be a relief to you.

2. If you can get really good milk, and you probably can, as simple a food as any for you to try would be: Take the top third of milk that has stood four or five hours in a cool, airy place after milking. Add an equal portion of boiling water, and when the mixture is cool enough let him take it. Begin with once a day in place of one nursing, giving from four to six ounces (four ounces make a gill), according to his appetite, if he will take so much.

3. The question of teething will not make much difference in this method of feeding, as at first he will be mainly nursed. Later you can gradually substitute food and nurse him less frequently.

4. The constipation may depend upon a like condition in yourself. If not, and the mixture we have recommended does not help, some more laxative food can be made for him. Several of the advertised "foods" have such an effect, which is usually an objection, but may be useful in constipation.

H., Milledgeville, Ga.—1. It is rather unusual for children of two and a half years to be able to express their reasoning as clearly as does your little girl.

2. It does not seem to us unhealthy, and therefore need not be stopped. Simply try to keep the body as sound as possible, and this includes steadiness of nerve, and the amount of mental stimulus she gets from your talks will be wholesome rather than harmful. But in giving religious instruction, even of the most rudimentary kind, try to think out, if possible, what inference the child may draw before giving it.



## THE KINDERGARTEN AT HOME.

BY GRACE C. KEMPTON.

## IV.

## THE THIRD GIFT.

"A gentle boy, with soft and silken locks,  
A dreamy boy, with brown and tender eyes,  
A castle-builder, with his wooden blocks,  
And towers that touch imaginary skies."  
—*Longfellow.*

THE third gift is truly what Froebel so prettily named it, "The child's joy." A two-inch cube cut (Fig. 1) through its three dimensions, making eight small cubes. Realms of thought,

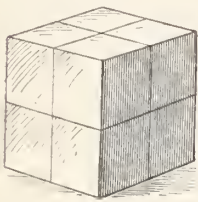


FIG. 1.

work, and play open to the child with its use. The material of which it is made is the same as the cube of the second gift, and yet because of its divisibility how much more wonderful and play-inspiring it is! How the small fingers

move with anxiety to begin their labors when the gift is presented, so like the nursery-blocks they are familiar with, and yet so different!

At the introduction of this gift it is wise to draw a handkerchief tightly over it, as was done during the first use of the balls. The familiar form of the cube will be distinguishable, while the new feature—its divisibility—will be for the time hidden from notice. When it has been compared with the second gift in every point the handkerchief is carefully withdrawn and its new features disclosed. The box and cover are not shown, but are reserved as additional attractions with which to close the first lesson and open the second.

The natures of the children concerned must be carefully considered in connection with the next step to be taken; how voluntary or how intellectual the first use of the cube shall be. If the child is very young or backward, he should be allowed now to gently investigate the cube's possibilities for himself. If of maturer or stronger capacities, a little mind-handling previous to the examination with the fingers may be used.

When the latter way is adopted be careful to lead him (not force him) to see the new points. Neither must you ask him leading questions. To assist him to observe the "cracks" of the cube (he will not often need assistance) suggest

that with a very gentle touch he pass his fingers over the upper surface. Then he will undoubtedly notice the cuts, or dividing lines, when you can question him as to their directions, length, etc. Let him discover the other divisions in the same way, and very slowly help him to recognize that there are but three.

Free-play should follow a short talk of this kind; but it must be orderly free-play. Madame Kraus-Boelte, in her Kindergarten Guides, gives several helpful rules for the use of this gift. She says: "Care should be taken that the child is not allowed to develop a destructive tendency. Show proper displeasure when any form is wilfully destroyed, and especially if no desire to rearrange the blocks is apparent. Selfishness also, of every degree, must be promptly repressed at the outset, and the merited reproof must be given if a child destroys the work of any of its playmates."

Rule 4 is: "In life we find no isolation. One part of the cube, therefore, must never be left apart from or without relation to the whole. The child will thus become accustomed to treat all things in life as bearing a certain relation to one another."

Never permit carelessness to pass unnoticed, neither allow yourself to assist manually in correcting errors. One particular in which the small hands advance in using this gift is the cultivation of a delicate touch, and patience in bearing failure to meet the proper standard at once. At the end of the first lesson the tiny cubes are placed together as a whole, either by

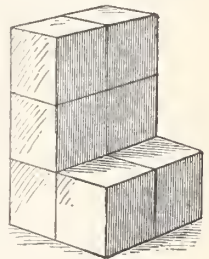


FIG. 2.

separate directions or a general command. The box and cover are now disclosed and must receive their share of attention through eyes and fingers before they are used to enclose the gift. We must not overlook the use of the checked tables, which is very important with this gift as with all that follow. The little cubes are to stand nicely on the squares made for them, and the squares are to be recognized throughout all the building.



When the cube is properly constructed again, the child is directed to hold the box carefully in the right hand *over* the cube, then to lower it slowly until the cube is quite covered. That the cube should come and depart, *as a whole*, is very important, and must never on any account be omitted, or the impression of its unity would be marred.

Care must be taken that the box is put on with its front face—which bears the colored label—toward the child, then, at command, it is slipped forward on to the cover, which is held ready at the table's edge by the child's left hand. Great benefit will follow attention to every point of order and politeness in the *distribution* of the gifts, and the slightest omission of these points will surely bring sad results.



FIG. 3.

At the second lesson the cube is presented in the box, with the cover on. The box is placed (by direction always) a given number of squares from the child with the papered face away. Then, with folded hands, the child awaits the following directions, which are given generally by counts: "One," and the two small hands are placed at either side of the box; "two," and the box is gently turned toward the child; "three," and another careful turn is made, bringing it nearly to the edge of the table upside down, and with the lid conveniently placed for opening. Then the box is slid forward until the notch in the lid protrudes beyond the table's edge, when the pupil slips it carefully out (still always at command), lays it either on or at one side of the box as directed, and, with the right hand, carefully removes the "cap," leaving its friend of the previous lesson disclosed to view.

We come now to actual work by direction with the third gift, which never fails to fascinate a child who is carefully taught.

The forms built are of three classes: forms of life, forms of beauty, and forms of knowledge. We will begin by considering a few of the forms of knowledge, which are first chosen because they appeal most simply and vividly to the child's mind.

The directions, front, back, top, bottom, right, and left, are by this time quite familiar to the child through the use of the second gift. Now we begin to combine two or more directions, as "right-hand upper block," "right-

hand upper back block," etc., etc. Encourage equal use of the hands in obeying the directions. With small children at first direct the hands to *touch* a certain block, then to move it. We will in this way give the directions for a simple series of forms of life, from the cube, then back to the cube:

1. Touch the right-hand upper front block; 2, place it upon the right-hand back block; 3, touch the left-hand front block; place it upon the left-hand back block. A chair will be quickly recognized as the result (Fig. 2).

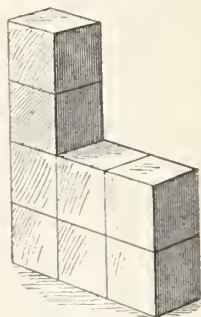


FIG. 4.

1. Touch the right-hand lower front block, place it upon the right-hand back block; 2, touch the left-hand front block; place it upon the left-hand back block. We have made a high wall (Fig. 3).

1. Touch the right-hand upper block; place it on the table, touching faces at the right-hand side; 2, touch the next right-hand upper block; place it upon the right-hand lower block, and a church is found (Fig. 4).

1. Touch the left-hand upper block; place it in front at the right, touching faces; 2, touch the left-hand upper block; place it upon the right-hand lower block. Now we find the corner of a low wall built for us (Fig. 5.)

1. Touch the left-hand upper block; place it on the table in front, touching faces at the back and right; 2, touch the left-hand back block; place it upon the left-hand front block. And we find ourselves facing the cube again.

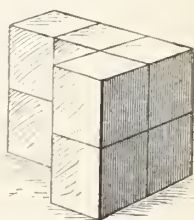


FIG. 5.

At each completed step of the series an opportunity offers for good influences through little talks upon the object made. The church is made the subject of a talk upon church-going. "Why do papa and mamma go to church?" "What do they learn there?" etc. It has always a strong influence with children to find that the mammas and papas have also to *learn* to be good. The corner-wall may introduce a little story of the squirrels who make their home there, store their nuts for winter fare in the cracks and crevices; how grieved they must be if any of

these nuts are taken from them, and how hungry they would be without them. The sympathies of the child are warmed and developed, and he is led to think more earnestly of the little squirrel when next he sees him. Sometimes the series may illustrate a little story; or the child may tell the story while you direct the illustrations when he reaches the proper points. As he advances let him occasionally direct you, stopping often to talk of the objects made.

Free-play should always follow the lessons in direction. If, during the free-play, a disorderly spirit or any ill-feeling should arise, to stop work while a bright and cheerful song is sung will often change the current and bring back order and contentment. It must be briskly introduced or it will not be successful. A lovely song for this purpose is "Begone, bad thoughts!" sung to the tune of "Begone, dull care!" The words are:

"Begone, bad thoughts!  
You and I will never agree.  
Let joy and mirth  
Come trooping forth  
To carol songs with me.  
Begone, bad thoughts!  
I prithee, begone from me!

Begone, bad thoughts!  
You and I will never agree.  
Happy thoughts will come  
To give me joy  
If I'm a brave, good boy.  
Begone, bad thoughts!  
I prithee, begone from me!

Begone, bad thoughts!  
You and I will never agree.  
Let us dance and sing  
In our little play-ring  
And toss the bounding ball.  
Begone, bad thoughts!  
I prithee, begone from me!

Begone, bad thoughts!  
You and I will never agree.  
The birds shall sing,  
The bells shall ring,  
And we shall shout and play.  
Begone, bad thoughts!  
I prithee, begone from me!"

The use of the third gift in forms of beauty and knowledge will be taken up in later numbers.

#### CLAY MODELLING.

The next occupation we shall consider is in strong contrast to those already described. The material used is common clay, and the delight of the children employing themselves with it is very interesting. Enough clay can be bought for a small sum to supply a child for weeks, and

if kept wrapped in a wet cloth, and in a cool place, it can be used over and over again.

Sometimes, of course, the objects made by the pupil are preserved for his encouragement and pleasure, and in order to mark his progress from time to time. Where an object is to be preserved, covering it with a coating of mucilage and drying it in the oven will make it a little more durable.

Give only a small piece of clay at first, not allowing it to be touched until the word is given. Not to touch any material or gift until all are served and permission granted, forms the habit in the pupils of noticing all visible points, also of politeness and self-control.

Examination will show this material to be very different from those used heretofore; being cold and very soft, damp, and either smooth or rough, according to the manner in which it is modelled.

When work with the clay begins the child is directed to place his piece upon the palm of his left hand and roll it gently, using the right palm as the roller. The first object to be made is the ball. It will take several lessons to succeed in making even fairly good balls, but the clay is so pliable and interesting that if after each lesson ten minutes of "free play"—permission to make what they please—is granted, there will be no lack of pleasure.

There are pretty little songs which are used to accompany the rolling. One is sung to the tune of "Away with Melancholy." The words are:

"Roll the clay, roll the clay  
So gently,  
As gently as gently can be;  
Roll the clay, roll the clay  
So gently,  
And make a ball with me."

Or it may be "Roll the clay so softly," "slowly," or "quickly," always doing and singing in agreement.

When the pupil succeeds in making a good ball there follows a series of lessons to teach the formation of simple objects made from the ball form. Apples, pears, potatoes, grapes, a bunch of currants, also other fruits and vegetables, can be made, always starting from the ball form. Also the different shapes of eggs, and seeds, and more complex objects which we will speak of in a later number.

"Clay Day" is one of the happiest in kindergarten. The faces of the children permitted this natural plaything picture the pleasure they take in being taught its use.

Merry songs accompany the work and a spirit of kindness and industry presides because a natural orderly vent is given to their desire for self-activity.



## THE MOTHERS' PARLIAMENT.

### Little Ones in Church.

*To the Editor of BABYHOOD :*

As your readers have brought up the subject of children's behavior in church, will you allow me to say a few words? I cannot see what good it does to children under six years of age to go to church at all. I think they are much better off at home. If parents wish them to learn the habit of going, is not six or seven years of age soon enough to begin? If there is no proper person to stay with Baby, cannot the father and mother take turns in staying with him? Some people think the restraint is good for children, and I believe it is well for them to be quiet sometimes, but to require them to keep still and do nothing for two hours is asking altogether too much, I think. I do not blame the poor little things one bit for being restless and full of mischief. If the parents were obliged to sit and listen to a lecture in some unknown tongue for an hour or so they would find it rather hard. A sermon usually lasts at least half an hour, and that seems longer to children than an hour does to older people.

But if children three and four years old *must* go, I certainly think they ought to have something to occupy themselves with; and your correspondent's plan, as given in the August number, seems a very good one. I know a mother who gives her little girl a paper of pins and a bright-colored cushion, which is only used in church, and never seen at any other time. After using it several Sundays she grew tired of it, so she was allowed a blank-book, with a pencil tied to it, and that kept her quiet a great many Sundays. When she tired of it the pin-cushion was brought out again, and she enjoyed it as much as she did before. Sometimes she gets tired of sitting so long, and is allowed to slip down and sit on a cricket. The change of position rests her, and does not disturb any one. Another little girl, who is very fond of flowers, is allowed to pick a few every Sunday from her own little garden in summer, or mamma's conservatory in winter, and she never seems tired of them. But I would not let children go to

church or Sunday-school until they were seven years old.

Last June I was present at a christening of children in church. They all behaved well, and when the minister finished his prayer a little girl about a year old said very plainly, "Amen," right after him. If any BABYHOOD mothers intend to have children christened, I would like to tell them what one mother did. Her baby was nervous and easily frightened, and, fearing he would cry when he felt the water, about a week before the christening she dipped her hand in water and put it on his head. He cried at first, but she repeated it every day until he got used to it and liked it. The result was that when he was christened he cooed with delight. T.

*Charlestown, Mass.*

### Pre-Natal Care.

*To the Editor of BABYHOOD :*

Since the subject of pre-natal care of babies has been introduced, I should like to relate what effect such care had upon a certain baby of my acquaintance.

This baby's father is flat-chested and has weak lungs. The mother is also flat-chested (although she has good lungs), and was far from strong for several years before the birth of her child.

About a year and a half before the baby was born, after reading Mr. Blaikie's *How to Get Strong*, she thought she would make an attempt to gain more strength and improve her health. Accordingly she discarded corsets and wore her clothing suspended from the shoulders. Every morning, before breakfast, she went through a series of movements with dumb-bells and took a sponge-bath in cold water; also, during the day, as often as she thought of it, she would inhale long, deep breaths of air. When she discovered there was prospect of her becoming a mother she modified the dumb-bell exercise and took long walks, as she was boarding and had little other exercise.

For a number of years the father had been accustomed to a system of exercise, in part for the special purpose of expanding and strengthen-



ing his lungs. When the baby was born he had (and still has) a *full, high chest*, perfect health, and wonderful strength. He was also unusually tall. His strength of muscle has often been a subject of remark. Much sooner than most children he learned to creep, stand, walk, and climb. He is now sixteen months old, and for nearly a month has been able to walk up and down stairs without other assistance than taking hold of the railing. He has been artificially fed since he was three weeks old, but has kept his health and strength in spite of it.

E. V. B.

*Mt. Vernon, N. Y.*

#### A Novel Use for a Handkerchief.

*To the Editor of BABYHOOD :*

As other parents may be as much in want of something for Baby to chew on while teething as we were, allow me to suggest a clean handkerchief. We tried everything we knew of, as well as such things as were suggested in *BABYHOOD*, without finding anything that Baby would use. One day we found her chewing a handkerchief as contentedly as could be, and now nothing will do when her gums ache but a clean handkerchief. Any other piece of cloth she will throw away in disgust.

*Providence, R. I.*

A. C. M.

#### Hints for Sleeping-Time.

*To the Editor of BABYHOOD :*

I wonder if all mothers know that Baby likes to be turned over after he has slept for an hour or two on one side? When he stretches and wriggles, and finally, perhaps, cries out, try turning him on his other side, or *almost* on his back, and see if he does not relapse into another sound nap without further effort on your part.

Do not forget to turn the pillow over also some-

times. The one or two-year-old who wakes in the night and sits up in bed, rubbing his little fists into his sleepy eyes, feels, perhaps, hot and uncomfortable. Try turning the pillow. If he is like some children the writer knows of, he will wait for the sound of the turning pillow and then drop back on it into a renewed sleep. Remember also to keep a child's clothes smooth under him. Drawing down the rumpled night-clothes and smoothing the cover has much to do with quieting the restless tossings of the little sleeper.

*Geneva, N. Y.*

ROSEMARY.

#### The Naming of Babies.

*To the Editor of BABYHOOD :*

I wish all parents would read "That Dreadful Boy." The father of the young hero thought it was too bad to give a child a name that he might dislike when he grew up, and so allowed his boy to name himself, which he did when three years old, choosing to be called Dick.

I think there is a good deal of truth in Mr. Sylvester's idea, for one's name is used so constantly that it is a great misfortune to have one that you detest—as I know by sad experience. I often wish there was some way arranged by which people who dislike the names given by their parents could change them when they come of age.

If any *BABYHOOD* mothers find it difficult to choose names for their darlings they may like to know of a pamphlet entitled "What shall we Name It? A Dictionary of Baptismal Names for Children." It contains over 2,000 names, with their meaning and the countries from which they originated. The price is 25 cents, and it is published by John C. Stockwell, 25 Ann Street, New York.

T.

*Charlestown, Mass.*

## BABY'S WARDROBE.

#### A Warm Night-Gown and a Cheap Afghan.

I HAVE made for my baby white flannel night-wrappers which have been such excellent protectors that I think no mother can afford to be without them in cold weather. I made the wrappers in Mother Hubbard fashion, plaiting the flannel on to the yoke and fastening the plaits for a few inches with feather-stitching. The garments are made long enough to give my little boy an abundance of room for kicking, and are drawn in at the bottom by means of a broad tape run through the hem. The long, loose

sleeves are made to cover the hands and are drawn with tapes in the same manner. Thus Baby is every night encased in a warm, pretty bag, which can be easily and rapidly loosened when necessary. My baby sleeps in his little carriage beside my bed, the sleeping-room being partially warmed by furnace or grate.

I made a very warm and pretty carriage afghan for Baby in the following manner, which, though not wholly original with me, has, I think, never been described in *BABYHOOD*. I bought a pair of old-fashioned white wool scarfs, or nubias,



which the dealer was glad to sell at a very low price. A sheet of white wool-wadding, or "carded wool," was split, and the united halves covered with white bobinet. This was covered on both sides with the scarfs, tacked through at intervals by bows of narrow blue ribbon, the fluffy fringe forming a fringe for one end of the afghan. I have seen one made of simply one nubia (of the kind which stretches a great deal), and finished around the entire edge with a crocheted trimming.

*Minneapolis, Minn.*

MRS. C. B.

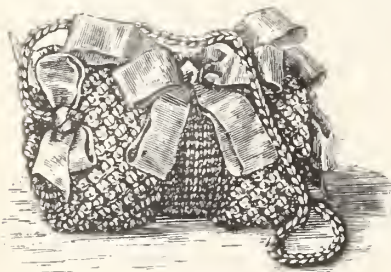
### Muff and Cap for Little Girls.

THIS pretty little set for small girls is crocheted of white zephyr in afghan stitch with raised loops.



The latter are worked in the row going back, by crocheting four chains between every two loops on the needle,

taking care to alternate in the successive rows, as shown in the cut. The brim of the cap is 4 inches high in front,  $3\frac{1}{4}$  inches in the back, and 19 inches long. Begin at the back and cast on 14 stitches. In the first row the first loop is worked after the first two stitches and followed by five other loops. After the first row, work four shorter rows, the first two of which contain each ten stitches and four loops, the last two twelve stitches and five loops. Return now to the original number



of stitches; work seventeen rows with six loops, three rows with seven loops, fourteen rows with eight loops, and ten rows with nine loops. Increase, always at the left side, by winding the worsted once over the needle between the last two stitches. This is then the upper edge of the brim, half of which is now completed; the other half must be worked in reversed order. The crown of the cap is oval in shape,  $6\frac{1}{2}$  inches

long and five wide. The centre part is in plain afghan stitch; the edge is worked with the loops. Begin at the back by casting on ten stitches, which in the second, third, and fourth rows increase to sixteen, adding two in each row. Increase evenly at both sides. The fifth and seventh rows increase each two stitches, the plain centre beginning at the fifth row, where it comprises six stitches, eight in the sixth, and ten in the seventh row. From the eighth to the eighteenth row crochet on evenly. In the nineteenth, twenty-first, and twenty-third rows decrease two stitches on each side—hence twelve in all. The plain centre being now completed, crochet four additional rows with loops, decreasing in the first at either end, and in the last between every loop. Tack the crown and brim on white crinoline, close the latter into a circle, and join the two parts by small, invisible stitches. Line with white silk, and trim with



STITCH FOR CAP AND MUFF.

two pompons joined by a fine cord. The muff is very simply constructed. It measures  $6\frac{1}{2}$  inches in width and  $13\frac{1}{2}$  inches in length. Begin on a chain of 30 stitches and work 36 even rows, the border at either edge comprising four loops. Close the ends, line with a thick layer of cotton batting stiffened by crinoline and white silk; decorate with loops and bows of white ribbon. A cord of chain-stitches, one yard long, will secure it around the neck.

### How to Secure Buttons Firmly.

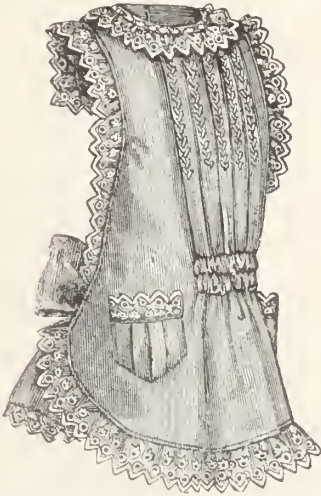
THE responsibility of buttons is very often brought to mind by the ever-recurring necessity of fastening them to the little waists. A very good way to make their abiding-place fairly permanent is to draw strong, narrow tape through the holes, and to sew the ends very firmly to the waist, allowing the button sufficient looseness to accommodate several button-holes. This will be found a great help, especially at the present season, when Baby's undergarments increase in number and weight.

A. F.

*New York.*

### Aprons.

OUR illustration shows a dainty apron for little girls, which may be made of white nainsook, with Hamburg edging, or of Turkey-red calico, with white embroidery and feather-stitching of white cotton on the plaits in the waist. It is cut in the shape of a sailor collar in the back, and tied with wide strings of the calico. Pretty and durable aprons can be made for little girls



or boys of the linen crash sold for glass towels, with the blue or red crossbar design. If made in Mother Hubbard shape, the material may be cut lengthwise for the skirt part in order to avoid seams. A border of long stitches connecting the crossbars ornaments the skirt. The yoke can be worked in vertical strips, or entirely covered. Use marking-cotton, and scald it before using, so that it will wash perfectly.

### Stocking-Frames.

I HAVE used for many years a little device which has prevented shrinking in my children's stockings, and may be of use to other mothers. Draw the shape of your child's stocking on a piece of paper; then have this shape cut from a half-inch board, planed, and nicely rounded and smoothed-off at the edges. Bore a hole in the top and put in a loop of string. Stretch the children's washed stockings, while wet, over this form and hang by the loop in some warm place to dry. Several stockings can be dried on one form, over each other, but of course the drying is slower. I have two forms made for each size of stocking. Models of a similar kind can be

used for drying children's woollen undershirts. I have known those already shrunk brought back nearly to their original size in this way. These models should be merely the shape of the body, since forcing them into the sleeves would be apt to tear the shirt. If we wish to stretch the sleeves we could have separate models for them.

*Madison, Wis.*

A.

### Wedge-shaped Pillow.

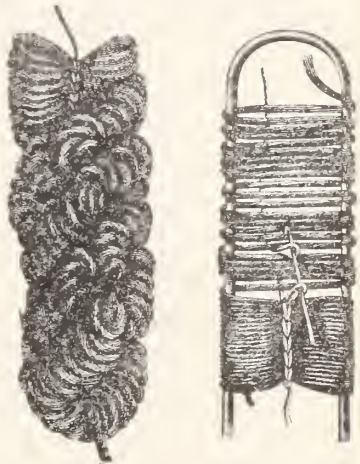
I REMEMBER some inquiries have been made concerning a baby's pillow, so I would like to describe the one my little boy has always used. It is wedge-shaped and filled with hair. The boxing at the back, or the top, is perhaps three inches high, and the pillow can be any length and width one chooses. The slope is so gradual that it prevents any roundness of the shoulders.

*Leicester, Mass.*

G. M. W.

### Worsted Ruching.

WE illustrate a worsted ruching and the manner in which it is made. It is a very effective finish to caps, sacks, boots, or any little garments worked of worsted. It makes a most becoming frame to rosy little faces when placed on the edge



of hoods, and even makes a pretty trimming for dark cloth coats, looking like astrakhan when worked of chinchilla worsted and put on in a double row. The cut so clearly shows the manner of working that no word of explanation is necessary. The requisite hairpin of heavy copper wire will be furnished at a trifling cost in any hardware-store, it being necessary merely to bend the wire into shape.

## HIGH-CHAIR PHILOSOPHY.



ONE day our boy saw a skeleton and exclaimed, "O mamma! see an empty man; he's just bones."

When he was five years old he was taken to visit a geological museum, and was much interested in a cast of a huge prehistoric animal; he asked his mother the name, which she read to him from the label, but could not answer his many questions about its habits. A day or two afterward the professor whose museum he had visited

dined at his mother's, and though he was very shy and stood in great awe of the doctor, yet his desire for information was so great that at the first pause in the conversation he burst out: "Doctor, what did the megatherium eat?"—*Mrs. J. M. Trimbel, Montclair, N. J.*

—We were once blessed with a neighbor who was most constant in watching over and correcting our faults and shortcomings. One day, while she was calling, my little girl (six years old) ran into the room, not knowing any one was there but "mamma." One little hand was put out to shake hands with the guest, but that lady drew back and very funnily (?) exclaimed: "Don't touch me! What hands!" I freely admit that the rosy little hand was positively grimy from some recent game, but still I was glad when my wee lassie raised her big blue eyes, fast filling with tears, and, putting the ridiculed hand behind her, said: "Mamma says it's not 'plite (polite) to make remarks!" and then left the room.

It was a rainy day, and Philip had been looking out longingly at the soaking lawn, when he turned to me suddenly. "I guess it's going to stop rainin' now." "Why, Philip?" "'Tause I just ast Dod to turn off the tanks."

My little girl had finished her "Now I lay me" one night, when she astonished me by saying: "I isn't going to say 'Amen' when I'm a wittle dirl."

When I took her to church the first time she was delighted with the organ; but later, when the plate was passed around for the collection, she edified us by remarking in a clear tone of voice, "Are the pennies for the monkey?"

When our first-born was two years old Mrs. Gamp appeared again in the household to care for the new sister. One day my little boy waited a long while for a chance to speak to me and not interrupt Mrs. G. in her unceasing flow of conversation. At last he found a place to say "Now, mamma," Mrs. G. raised her hand: "Wait a moment, child, till I stop." This straw broke the camel's back; the little man's brown eyes grew round in astonishment as he answered: "I have been waiting and waiting, but you'll never do."

Little George, out walking with a friend, passed his own home. Friend—"Who lives in this house, Georgie?" "Georgie—" "Mamma, brother, Bridget, nurse." Friend—"And who else? Does not your papa live there?" "Georgie—" "No; papa only sleeps there." (Papa, of course, is away in his office all day.)—*Josephine Kissam, Brooklyn.*

—LITTLE MILLY was taught to read by recognizing the words at sight. However, the illustrations accompanying some of the words seemed more impressive to her than her teacher's explanations, and for a long time she called h-e-n chicken. When, for

the first time, she was shown the word "the," she cried out joyfully: "O Ellie! that has a part of the chicken in it."

A little tot who had advanced to words of four letters was told that when spelling words like good, wall, seed, he was not to say *o-o*, or *e-e*, but *double o*, *double e*, and so on. One day in his reading-lesson occurred the sentence, "Up! up! Ned, for the sun is up," when the bright little fellow electrified his mamma by reading: "Double up, Ned, for the sun is up!"

Little Emma, in the sentence "a fat pig," found it very difficult to remember the word "fat." The aunt who was initiating her into the mysteries of print encouragingly prompted her: "Well, what kind of pig is it—a thin one?" Then answered the little one triumphantly: "No, it's a *thick* pig."

The same little one, when but two years old, was shown some pictures, among them one of a bare-foot boy running through the snow. "See the poor, poor boy," said the auntie, who was explaining the pictures to the interested child; "so cold, and he has no shoes and no stockings—" "And no 'porters' (supporters) added the child in a voice of the deepest commiseration.

A visitor was admiring two-year-old Harriet's lovely hair, which was tied back by a blue ribbon. "And where did you get the pretty ribbon, my dear?" she asked presently. With the utmost seriousness Harriet answered: "I was born'd so!"—*An "Auntie."*

—When one of my little girls was four I read to her "Recent Observations on the Habits of Ants, Bees, and Wasps," by Sir John Lubbock. In the article the author mentions that in some parts of France it is thought that if a cat be carried from one house to another in a bag, whirling the bag around several times, the cat cannot find her way back. M. Fabre made interesting experiments with bees in the same way, putting flour on them to know if they returned. Two weeks after I read the article to the children my younger was stroking her kitty, when she said meditatively: "If I were carried ever and ever so far, and whirled round and round and round in a bag, I could find my way home."—*Mrs. C. F. W., Manhattan, Kan.*

## MORNING ALWAYS COMES.

[FOR BABYHOOD.]

The old nurse took her from my knee,

My little blue-eyed baby girl;  
Her sunny face was clustered round  
With many a vagrant curl.

I bent and kissed her tenderly—

The sun-life of our happy home.  
"Good-night, papa," she piped; "good-night  
Till morrow mornin' come!"

"But what if morning fails to come?"

I questioned, with a sudden smile.  
"But mornin' always comes!" she cried  
With artless baby-guile.

God bless the child's sweet, simple faith!

Ah! we that blindly struggle on  
Through life's dark ways, and often doubt  
The coming of the dawn—

Life's paths would be less dark and rough,  
More strewn with Comfort's kindly crumbs,  
If we could be entirely sure

That morning *always* comes!

—Robert Ogden Fowler.



# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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IT is a common thing to hear several of the eruptive fevers spoken of as diseases which children "ought to have," and in particular it is declared that "measles are nothing." It is true that measles is far less destructive of life than some other diseases; but, all the same, it is not a trivial ailment. New York is just having an epidemic of measles. It began some months since, and in December was very severe. For the four weeks ending Christmas day 1,979 cases were reported, with 232 deaths. Since that time the weekly average has been not materially different, the total for six weeks showing 2,944 cases with 360 deaths. An ailment that destroys, even in an occasional epidemic, more than one-ninth of all reported cases is not a mild one; even if no account is made of the numerous miserable sequels that follow it. Dr. Chapin's article on the subject in this issue is especially timely, and should be carefully studied, particularly by readers in this city and vicinity.

What cleanliness and sanitary precautions in general can accomplish is strikingly shown by the report of the Boston Board of Health for the past year. Ten years ago the deaths from diseases which may be prevented or largely controlled by sanitary science constituted 29 per cent. of all deaths. Five years later the proportion had been reduced to 26 per cent.; and last year it had sunk to only 17 per cent. These figures have their greatest significance in their bearing on the frequency and fatality of the diseases of children; for there

is an almost unanimous agreement among physicians that the zymotic scourges of infancy—diphtheria and scarlet-fever—are to be reckoned among the diseases the mortality from which could everywhere be reduced by just such measures as have given the Boston Board of Health its enviable pre-eminence among similar bodies.

Between two and three hundred little tots, decked in holiday costume, sat in Irving Hall one afternoon in Christmas week, anxiously awaiting the distribution of toys that dangled temptingly from a tree before them. This was the Christmas festival of the maternal schools. These schools are supported, in the main, by the United French Societies of New York, and have for their object the care and instruction during the daytime of the very little ones whose parents are compelled to work out by the day. The distribution of presents was followed by the acting of a little comedy, entitled "A Lesson in Geography," in which several of the babies participated with great delight. Each little performer was dressed in a costume typical of the nation intended to be represented. The exercises were short and sufficiently varied to be enjoyed by the very least in the large gathering.

"Look upon this picture and on this": During the same week a party of two hundred other little ones participated in a "full-dress" Christmas reception in a fashionable section of the city. The babes were arrayed in silks and laces, gloves were forced upon



their tender little hands, and, long after the time at which they should have been snugly tucked in their cribs, they had "elaborate refreshments." Each infant guest was presented with a costly gift, and a band of stringed instruments ministered to the unnatural excitement. The children went, finally, to their homes with sparkling eyes, but it is needless to speculate on the inevitable consequences the following day.

A letter on "Domestic Service" in the New York *Evening Post* touches upon an aspect of the servant question too often overlooked by mothers who complain of the insufficient attention bestowed on their children by nurses. "Many people," says the writer, "think the position of a child's nurse is very light work indeed, mostly just sitting round; so they don't hesitate to give her the care of one or two children all day, not even arranging for her to get her meals without the oversight of them, and then most likely put the baby to sleep with her at night. Any one minute of such a day may not be heavy, but to have it for twenty-four hours is enough to wear out the strongest human being ever made." In truth, the most devoted of mothers has moments when, in sheer weariness of flesh and spirit, she longs to escape, if only for a short time, her incessant responsibilities, and when it is a positive relief to her to get rid of her child for an hour or so; is it, then, fair to expect of strangers that unflagging interest and single-minded devotion which even motherly love cannot always bestow? Kind words and thoughts for those on whom we depend as much as they depend on us, and an humble recognition of common human frailties, can alone, if anything can, solve the "Domestic Service" problem in its many perplexing phases.

No one act of the translators who have given us the Revised Version is more generally approved than the change of Holy Ghost to Holy Spirit. The old term was a fruitful source of perplexity and misconception, especially to the young who were, early

in their religious instruction, compelled to face this most astonishing combination of words. Illustrative of this is the story told of two little boys who waked from their first sleep to gaze affrighted at a ferocious jack-o'-lantern an older brother had mischievously erected upon a pole in the back yard. The smaller child cried in terror at the alarming apparition, but the elder of the two said reassuringly: "Never mind, Tommy; don't cry. *All* ghosts aren't *bad* ghosts, 'cause I hear of a good one every time I go to Sunday-school."

The recent articles in these pages on the association of children with pet animals have drawn out the practical suggestion that, together with the cultivation of habits of careful and exact observation which the loving care of pets inculcates, there is no better way of *developing the sympathies* of children. The destructive propensities natural to those without mind, of immature mind, or of deranged mind, in children need a large leaven of education before they can be chastened and directed in appropriate channels. The almost irresistible impulse of the child to pull the legs from hapless flies, and later to break toys "to see how they are made," leads him when older and stronger to persecute the lower forms of brute creation with whom he may be thrown. This is instinctive and entirely natural. It is only another form of the law that might makes right, the subjection of the strong to the weak; that is the rule, the world over, among all created things. Practically speaking, man, purified by the education that develops sympathy, is the only exception to the rule. And this brings us to the fact that it is through education alone that true sympathy can be developed in the young. Some acquire it more readily than others, as some come from Nature's hand, apparently, with an instinctive appreciation of the rights of others. But the secret of intelligent sympathy is *training*. Explain to the child the position of the animal in regard to himself in the scale of created things—in the same grand division but on a lower plane; that

its position and functions fit it for the performance of its especial work as truly as his own. Explain what these functions are; give the child an *intelligent* interest; teach him that his superior strength was given him that he might protect and care for those weaker than himself, and you have done much to foster the growth of that trait in which the human most nearly approaches the divine.

In one of the early numbers of *BABYHOOD* appeared an article on "Photographing the Baby," in which, on practical as well as purely sentimental grounds, the desirability of having photographic records of Baby's development was pointed out. The progress of science has, however, since added another powerful reason why the photographer's art must be considered an important auxiliary in nursery management. A writer in the *Camera* magazine asserts that he took a portrait of a child apparently in full health and with a clear skin. The negative picture showed the face to be thickly covered with an eruption. Three days afterwards the child was covered with spots due to prickly heat. "The camera had seen and photographed the eruption three days before it was visible to the eye." Another case of a somewhat similar kind is also recorded where a child showed spots on his portrait which were invisible on his face a fortnight previous to an attack of small-pox. It is suggested that these cases might point to a new method of medical diagnosis; and, indeed, if this account be the whole truth and nothing but the truth, a photographic apparatus may become before long an indispensable nursery fixture, to be called into daily use by anxious mothers, just as the bath-tub is.

Occasionally a discussion comes up in the newspapers as to the harmfulness or the reverse of chewing gum. It is usually believed that the chewing of gum is distinctly injurious by fatiguing the salivary glands; but now and then a dissenting voice is heard urging that the increased flow of saliva is

useful both before meals and between meals, in aiding the process of digestion. That the flow of saliva is essential to digestion, and most of all for the digestion of starchy foods, every one knows; but, after all, we feel bound to give our vote against the chewing-gum habit. If, in chewing, the saliva were always swallowed, and if, being swallowed, it could be placed just "where it would do the most good," and if, lastly, it were necessary for any one to take starchy food unchewed into the stomach, the argument for chewing-gum or some other such substance would be strong. But for the saliva to do the most good it should be thoroughly mixed with the bolus of food in the act of chewing.

Far better than chewing gum is it to thoroughly chew the food itself. If we are right in thinking the chewing-gum practice an unwholesome one for adults, it is doubly so for young children, who are to a certain extent irresponsible, and who easily contract the habits of bolting food and of chewing everything else. Our advice would be to prevent as far as possible the gum habit, and to encourage prolonged chewing at table; and this is especially necessary when, as is usual in childhood, the diet is largely made up of cereals. Many of our attempts to render, by cooking, food easy of consumption may, through carelessness, result in rendering them difficult of digestion. For instance, it is very desirable that potatoes should be well chewed; to make this easy we mash them: as a result they are frequently not chewed at all, but bolted. Similarly we take bread, which should be chewed, and which usually must be to a certain degree before swallowing, and make of it milk-toast, which is taken into the stomach almost untouched by the necessary saliva. Above all, then, teach the little ones to take time at their meals and to chew thoroughly, and if they come to table too ravenous give them first a drink of milk or a little broth, and keep the food that should be chewed until hunger is sufficiently appeased to allow them to take solid food in a proper way.



## MEASLES AND ITS COMPLICATIONS.

BY HENRY DWIGHT CHAPIN, M.A., M.D.,

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IT is a common idea of mothers that measles is a mild and rather unimportant disease. Children are often exposed to its contagion under this impression and with the belief that they must sooner or later contract the disease—perhaps the sooner the better—to be rid of a sort of necessary nuisance. Yet it may surprise such mothers to learn that measles may be fatal, and that it is always liable to become grave through complications. In November there were 166 deaths, and in December 315 deaths from measles reported in New York City. In children's hospitals and institutions an epidemic of measles is as much dreaded as scarlet-fever, from the fact that in this class of patients the death-rate of the former disease is usually as high as the latter. Before going further it may be well to speak of the relative degree of contagiousness of these two affections.

There is a general impression, undoubtedly correct, that measles is more contagious than scarlet-fever. This may be partially explained by the fact that, as scarlet-fever is much more generally feared, greater precautions are taken to isolate cases and prevent healthy children from being brought in contact with the disease. It is certainly true, however, that the poison of measles is much more volatile and diffusible than that of scarlet-fever. A child is often brought into close exposure to scarlet-fever without contracting the disease, but this rarely happens with measles. Another point in this connection is that the rash of scarlet-fever usually comes out within a day after the beginning of the disease, thus making clear the nature

of the trouble and allowing necessary precautions to be taken. In measles, on the contrary, the rash does not appear until the disease has lasted several days, during which time the contagion has been allowed to spread, from ignorance as to the nature of the attack. For this reason great care must be taken to note carefully the first symptoms of the disease, which we will now proceed to give.

### FIRST SYMPTOMS.

Measles, like other contagious diseases, has a period of incubation. By this is meant the time elapsing from the introduction of the poison into the system to the first manifestation of the disease. The exact nature of this poison is not positively known, but minute organisms called micrococci have been found by some observers in the blood during measles and supposed by them to constitute the virus. The usual period of incubation is from ten to twelve days. The first stage of the disease is known as the invasion. This starts with symptoms of a cold in the head. There is headache, running of the nose, suffusion or redness of the eyes, which have a watery look, and a commencing cough. This cough is often quite croupy at the start. The appetite is lost, and sometimes there is vomiting. Drowsiness, alternating with restlessness, is apt to be present at this time. With these symptoms there is a beginning fever and the face has a full, flushed look. The fever during the first few days of measles is remittent—that is, it varies in intensity at different parts of the day, usually being higher in the evening than in the morning. When a fever takes this

character, with the symptoms above mentioned, we can be very suspicious of measles.

#### THE STAGE OF ERUPTION.

Such a case should be at once isolated until the nature of the trouble has been definitely ascertained. The stage of invasion lasts, on an average, four days, when the rash begins to appear, constituting the stage of eruption. The rash first comes out upon the forehead and neck, then upon the face and chest, and down through the body. It takes from a day to a day and a half to completely cover the body. At first the rash consists of indistinct red points, which soon become papules, or little elevations of the skin. Sometimes this papular nature of a rash can best be appreciated by lightly drawing the finger over the skin and feeling an unevenness not noted by the eye. The papules tend to cluster together in groups, thus covering the skin, especially of the face, with many blotches. While numbers of the papules may coalesce and form confluent patches, there is always more or less clear skin surrounding such patches. This affords an important point of distinction from the rash of scarlet-fever, which is not raised, but consists of a uniform, diffuse redness, uninterrupted in its extent by any clear skin. The rash of measles sometimes bears a resemblance to flea-bites.

With the first appearance of the eruption the general symptoms increase in severity. The fever is high, the cough troublesome, the eyes red, watery, and irritated by the light. Thirst is present, while the appetite is completely lost. After the rash has been out a day or so the severe symptoms decrease and the child is much more comfortable. The rash disappears by the fourth day, leaving those parts first upon which it first appeared. A faint staining of the skin may remain for a few days where the papules were placed, and there is a slight, branny peeling off of the upper layer of the skin, particularly if the rash has been abundant. This is not nearly so marked or abundant as the scaling after scarlet-fever. The fever disappears with the rash in un-

complicated cases, leaving a slight cough that remains for a few days.

#### SYMPTOMS IN SEVERE CASES.

The foregoing is a description of an average and moderately severe attack of the measles. Like all other diseases, it varies in severity in different cases. Sometimes the affection is exceedingly mild, the cough slight, and the rash not well marked. The other extreme is the fatal form known as black measles, where the papules, instead of being dull red, are black; this may be due to a vitiated condition of the blood induced by a severe type of the disease, or to an extensive pneumonia that prevents the normal action of the lungs in purifying the blood by combining with it the oxygen of the air. Sometimes the rash does not show distinctly, or appears irregularly in various parts of the body. There is a popular impression that there is a liability to danger when the rash of measles does not come out well, and in some cases this fear is well founded. If the attack is very mild, a slight rash may simply be an evidence of slight infection. On the other hand, where the symptoms are more severe, with the rash delayed or scanty, there is probably an internal congestion of some vital organ which draws the blood from the skin and, thus prevents the development of the rash. In these cases every effort must be made to get the blood to the surface of the body, and thus by bringing out the rash relieve such an internal congestion, which is always an element of danger.

#### COMPLICATIONS.

There are certain complications of measles that the nature of the affection renders possible. For example, the inflammation of the upper air-passages, always accompanying the disease, is liable at any time to descend into the lungs. Slight inflammation of the larger bronchial tubes forms a regular part of measles, but if the bronchitis is severe and involves the smaller tubes it becomes a complication. The cough gets worse, the breathing quicker, and the child restless. Unfortunately, the descending inflammation does



not always stop here, but may spread to the air-cells. Then we have a graver complication to deal with—namely, pneumonia. This accident may happen during the active stage of measles, when the rash is apt to recede, or it may follow exposure to draughts of cold air during convalescence. Most of the deaths from measles occur from this complication; hence the greatest care must be exercised to keep children protected from exposure, not only during, but for a certain interval of time after measles.

Another very fatal, but fortunately much rarer, complication is true croup or diphtheritic croup, coming on in the later part of the disease. I have already stated that measles may begin with a croupy cough, which has no serious significance; but if croup ensues during the decline of the disease it is usually caused by false-membrane forming in the windpipe, which is very liable to cause death. If there is whooping-cough in a house a child with measles will be very apt to contract it, and this complication will greatly increase the chances of pneumonia. Diarrhœa, with or without inflammation of the bowels, is a complication that may take place any time in the course of measles. Convulsions occasionally occur, particularly when the child is not kept sufficiently quiet during the eruptive stage. Even in mild cases the nervous system must not be excited, having in mind the possibility of this accident. Sometimes the irritation of the eyes does not subside, as it should, at the end of measles, and a chronic inflammation follows that may last a long time. In rare cases ulcers may form upon the cornea, and even perforate it, thus destroying the sight. Such accidents only take place in scrofulous and badly-nourished children. The eyes must always be protected from a strong light during measles, in order not to excite an organ already irritated by the disease. It occasionally happens that disease of the ear follows measles, due to inflammation spreading from the nose through the passage known as the Eustachian tube, that connects the upper part of the throat with the middle ear. This complication is not nearly so liable to

happen in measles as in scarlet-fever, where the hearing is not infrequently impaired or lost through this accident. As a rule, the complications of measles attack by preference the mucous membranes of the body, particularly those lining the breathing organs.

It is a peculiar fact that in not a few cases an attack of measles, even of a mild grade, will leave a child in a condition of bad health without any specific complication or disease being present. The mother brings her child with the complaint that it has never been really well since the measles, but unable to tell exactly what is the matter. Such a condition appears to have been left by the poison of the disease, and it may take a long time to bring about an improvement.

We have thus seen that, although measles is often a very mild affection, it is likewise frequently severe in itself, and dangerous from complications that may leave troublesome sequelæ. Children must therefore not wantonly be exposed to its contagion, and, if the disease has been contracted, will require careful watching. It is rapidly spread, from its being highly contagious during the catarrhal period before the eruption appears. Mothers and teachers should learn to recognize this stage in order to isolate suspicious cases, and thus prevent the spread of the disease. Nursing babies are not liable to contract contagious diseases of any kind.

#### TREATMENT.

A child with measles should be put to bed in a well-ventilated room with a temperature of about 70° Fahr. While warmth is essential, it is a mistake to wrap up patients in numberless blankets, and thus induce debilitating perspiration. A very mild case will require no medicine at all, except, perhaps, a slight sedative if the cough is troublesome. All medical treatment that may be necessary had better be left to the doctor; if this were done complications would be less frequent. A simple milk diet is the best, with toast and some farinaceous food if desired. The patient should be kept in the sick-room for a week after the cessation

of fever, and not allowed to go out of doors for fully three weeks or a month. In this way the complications due to cold may be avoided. Finally, a child after recovery

from measles should be watched to see that its constitution has not suffered. Tonic treatment or change of air may stop such a change at the start.



## STEP-MOTHERS.

BY ONE OF THEM.

UP and down and up and down in front of my window, through all the hottest days of a hot summer, passed a slender girl of about ten, wheeling a baby-carriage containing a fat baby. The child was gentle and kind to the baby, but all her looks and motions had a shade of depression. She was one of the children who seem to be asking help in a kind of mute appeal, and I longed to answer the cry. One day I saw her admiring the doll of a little friend of mine, and I said: "May, how would Annie like it if I bought her a doll like yours?" "Oh! it wouldn't be any use," said May, "for she has a step mother. She couldn't keep the doll. The baby would have it. He has all her things."

Now, since I am a step-mother myself, it cuts me to the heart to have the word "step-mother" given as a sufficient reason for all such evils. I began to think, How is it that we have this evil reputation? How far do we deserve it? What are our sins and how can we purge ourselves from them? Is our class wholly depraved, or do even we count shining lights among us?

First, let us understand our difficulties. We are introduced among children whose ways and nature we do not understand. Very probably some kind friend has already told them what an ogress we are. Unused, perhaps, to the care of a house and children, we are filled with undue anxiety, get easily

worried, and this seems to outsiders like crossness—or, indeed, may turn into it. It is very unusual for a child to make allowance for the faults of a grown person, and soon we have utterly alienated the child's affection, when we were striving to do our best.

Then, when our own babies come to us, here is a new difficulty. Just how much and just how little care of them by our step-children will strengthen the bond between them, and make a united and harmonious family? Or should we require none, for fear of their considering the new baby a burden, whose existence takes away their rights? There is no general answer to these questions. Each case has one appropriate only to itself. We should have for our aim a united and harmonious family, and each solve these questions in the light of that result. The way may be long and often discouraging, but the end will pay us for any amount of patient work.

When we become step-mothers one of the fundamental facts which we need to accept is, that our step-children will be more difficult for us to understand than our own children, for the reason that none of their nature is inherited from us. And knowing this, we ought to be very cautious how we condemn their faults, or in too many ways curtail the freedom they may have had before we came among them. Perhaps their ways in dress or manners or speech do not please us. Our

ideas of how a child should live may be very different from their own mother's. Let us think how hard it is for them to hear a new mother hold up to scorn, or condemn, what their own mother may have taught them to do or believe. By such conduct we lose all chance of love, or even respect, from our step-children. I know of one step-mother who by continual harping upon the amount of trimming on her step-daughter's clothes, and such trivial matters, broke up for ever a loving family. You may say that was a petty difficulty, but we should all agree that the result was great, and perhaps the difficulty had best be measured by that. Instead of hunting up our step-children's faults, let us seek for their virtues, and we shall surely find them. They are not any more likely to be without virtues than our own children. When we meet them in this way, we call forth their love, and from this love will spring respect and obedience like that which we have from our own children. A step-mother once said to me: "When I pass the picture of the children's own mother, I often say to myself, 'I want to feel that I can always look you in the face.'" It is a good thought to keep before us.

Now, in regard to the name by which our step-children shall call us. Some persons, immediately and imperatively, exact the name of "mother." I consider that a mistake. If it comes naturally, accept it thankfully. If it does not, wait for it and earn it. You step into a place that is sacred to the children's own mother. You must fill that place, or rather an equally tender one in their hearts, before the title really belongs to you. I know a little girl who always called her step-mother Miss B—— till her little brother was born. She was delighted with the baby, and said, "Who is my little brother's mother?" "Why, Miss B—— is." "Then she is my mother"; and from that day she gave her not only the name, but as loyal an affection as any own child could ever give.

Never set aside or treat lightly a child's recollection of her own mother; rather cherish and brighten her memory. Beglad when her

friends come to see her babies, and do not consider it injustice to yourself that they try to keep the child's memory of her fresh. If you help instead of hindering in this work, it will bring fresh love to you as well as to their own mother. I do not mean that you are to harp constantly on this theme—the life of the present, and not of the past, is the child's life—but I do mean, sympathize with it, and let your presence be no hindrance to pleasant talk on this subject.

Next, as to the relation of the neighbors to us step mothers. I happened to hear from my window one day a man's voice saying, "Is your ma kind to you?" and looking out I saw an old man-gossip of the town, and a pretty child about three years old, whose charming young step-mother was the admiration of the whole street for the sunshine which she had brought to a gloomy household, and her affectionate, pretty ways with her new children. "Is your ma good to you?" he said again, as the child, without speaking, looked at him in surprise. "Oh! I thought perhaps she wasn't." It is just such suggestions that do half the mischief, sow the seeds that spoil the harmony of a family.

The story an Irish servant-girl once told me comes back to my mind. When she was a little girl her mother, a widow with six children, married a well-to-do man of their village, who was not only glad to marry her, but welcomed all the children as well. Everything went well, and they were as happy as a family could be, till the neighbors began to talk to the youngest girl, who was sensitive and excitable. "Look out!" they said; "he's only trying to get you into his power. He'll be mean enough to you by and by." "You'd better get away while you can." "And they made me so frightened I did run away," she said, "and left the kindest friend I ever had, my step-father, just because the neighbors would not let us alone."

I do not mean to say that there are no cases of bad, unjust step-parents. In fact I believe there are many such cases. But I think some of these cases could be improved, and

perhaps radically cured, if the step-mother or father had help and not hindrance from other people.

Finally, let me give one example of a shining light among step-mothers, from James Parton's "Noted Women"—Sally Bush, Abraham Lincoln's step-mother. "The little Lincolns, even in this wintry season, were half-naked, and she clothed them from fabrics saved from her own wardrobe. They had

never been used to cleanliness; she washed them and taught them how to wash themselves. They had been treated with harshness; she opened her heart to them, treated them as she did her own children, and made them feel that they had a mother." Lincoln used to speak of her as his "saintly mother," his "angel of a mother," "the woman who first made him feel like a human being."

## SCROFULOUS TENDENCIES.

BY LEROY M. YALE, M.D.

THE terms "scrofula" and "scrofulous" are in very frequent use in popular medicine, but are as often as not used apparently without any definite idea of their meaning; for one hears them applied not only to ailments which are dependent upon scrofula, but to others which have no relation whatever to that condition. It may be this ignorant application of the names to any ailment which is external and disagreeable that leads many people to resent the suggestion that they or their relatives are scrofulous, very much as they would an imputation upon their personal character or their breeding, and to substitute for "scrofulous" such terms as "delicate," "not strong," etc., which are very imperfect equivalents, at least to the mind of a medical man.

The essential peculiarities of scrofula ought to be known to all who have the care of children, because by its frank recognition and treatment its effects may be very much mitigated. The word "condition" is used rather than "disease," because scrofula is less a disease than a personal peculiarity that may modify the behavior of a multitude of diseases, and which renders that person liable to certain diseases. Such peculiarities of constitution are known in medicine as *diatheses*.

### TENDENCIES TO INFLAMMATION AND GLANDULAR ENLARGEMENTS.

This particular diathesis which is called scrofula consists in a tendency to inflamma-

tions of a peculiar type, most of the characteristics of which require no medical knowledge for their recognition. For instance, these inflammations, whether internal or external, are excited by very slight causes, and, when established, are very persistent, showing very little tendency to get well except after a long time. These are the two most striking peculiarities. Besides may be mentioned the tendency of the inflammation to spread locally and the remarkable frequency with which the lymphatic glands may be affected. There are other characteristics, but these which have been mentioned are within the powers of observation of any intelligent person. Every one who reads this article can call to mind some child who will serve as an example. With it "everything goes hard"; not so much by the immediate severity of its illnesses or injuries as from tedious convalescences. If, for instance, it receives a slight wound, it heals slowly and with much irritation of the surrounding parts; if it has an eruptive fever—the measles, for example—its recovery is not prompt like that of the neighbor's children, or its own brother, perhaps; but there are tedious sequels, such as persisting cough, swollen tonsils, and the like. Even if the child takes a "common cold," it may be all winter in finally getting rid of it. This tendency to inveteracy of disorders cannot have escaped the observation of any one.

Equally familiar is the peculiar liability of such children to glandular enlargement, par-



ticularly in the neck. These formerly bore the popular name of "the king's evil" (occasionally one still hears among Irish immigrants the expression "an evil" for the same trouble), because it was thought that the royal touch would cure it.\*

#### ERRONEOUS NOTIONS CONCERNING SCROFULA.

While it is easy to recognize the above-mentioned peculiarities, it should be noted, on the other hand, that the idea formerly held by physicians, and which still has a strong hold upon popular belief, that scrofulous persons have a peculiar appearance, is erroneous. This was described most elaborately, but as the descriptions were not harmonious two kinds were discriminated—the delicate, beautiful, clever sort and the coarse-featured and dull sort. It is more than doubtful if any physique peculiar to scrofula exists. The characteristic tendency to vulnerability and inveteracy of disorders may be present in children of every sort of appearance. The marks which have been specified as signs of a liability to scrofula are usually the results of a taint already active.

The real test of the tendency is not, How does a child look or deport himself in his plays or his studies? not, Is he handsome, muscular, agile, or the reverse? not, Is he clever or dull? but, How do his tissues behave under inflammatory or other kinds of irritation? How does he recover from his ailments and the hurts he receives in his games? How does he stand the strain of his studies? It is remarkable how difficult it sometimes is to elicit the truth on these points even in intelligent families; and among the less intelligent the non-recognition of plain facts is sometimes ludicrous. One instance comes to mind of a mother who very volubly assured the writer that there never was a scrofulous ailment in her family or her husband's, and straightway produced

four children to be prescribed for suffering from scrofulous ailments, and described her remaining absent child as being likewise affected.

#### RELATION OF SCROFULA TO TUBERCULOSIS.

There is another very striking and important peculiarity of the scrofulous which was not mentioned with the others because it is not one of those which are evident to untrained observers. This is their proneness to become affected with tuberculosis—*i.e.*, diseases which are characterized by the presence of tubercles in the tissues. The relation between scrofula and tuberculosis is so intimate that the two conditions have not infrequently been confused with each other. Undoubtedly this susceptibility to tuberculosis is the gravest point in connection with scrofula.

#### TRUSTWORTHY SYMPTOMS.

From what has been said of the pervading influence of the scrofulous peculiarity, it will be readily inferred that there are a multitude of disorders by means of which it may manifest itself. This is so, and yet there are few, if any, of these disorders that are peculiar to scrofulous persons. But, as has been already insisted, the scrofulous person is recognized by the way in which these maladies behave. For instance, it is not a sign of scrofula to have certain skin eruptions, or even to have swollen glands; but if the eruption or the glandular trouble shows a certain sluggish and tedious pertinacity it is a sign.

With this understanding of the meaning of the term, diseases of the skin, the mucous membranes, the glands, the joints, the bones, and the internal organs all are spoken of as scrofulous. Yet, as particularly easy of recognition in the nursery, may be mentioned the following: Among the skin affections are eczema (the "humid tetter" of our older domestic medical nomenclature), which affects the scalp in young children under the name of the "milk-crust"; also a persistent or frequently recurring eczema behind the ears, and, less frequently, around the lips and nose. Among the affections of mucous

\* In England this practice began with Edward the Confessor, and was finally discontinued by George I. In 1719 the Office in the Prayer-book concerning it was expunged. After the restoration of Charles II. it was very fashionable to be touched, perhaps as a sign of loyalty, and this king is said to have touched 92,170 persons.

membranes the persistent, thick, irritating, catarrhal discharge, especially from the nose, frequent gatherings in the ears, and the chronic inflammation of the eyelids often seen in children; and, perhaps as common as any, the persistent enlargement of the tonsils.

The chronic enlargement of the lymphatic glands has already been mentioned. No symptom is more distinctive of scrofula than this, and, indeed, it is probably from it that the name scrofula is derived. The enlarged gland may be in any part of the body, but by far the commonest situation is in the neck, below the ear, near the angle of the jaw. All such glandular troubles will be found, if diligent search be made, to depend upon some neighboring irritation either now present or which existed at the time the glandular trouble began. The frequency of the trouble in the neck is dependent, in all probability, upon the frequency of tonsillar inflammation. These swellings are always insidious, chronic, and sluggish in their behavior, and often after a long time they gather and make abscesses, which are again very slow to heal, and which leave the ragged-looking scars so often seen in the neck, even in persons who otherwise have every sign of fine health.

Of the graver manifestations of scrofula, of bone, joint, and lung troubles, there is no occasion to speak here, because they are likely soon to make their importance evident, and so to be treated with more or less promptness; and because also these severe disorders have passed already into the category of tubercular diseases.

The inquiry naturally arises,

#### WHENCE COMES THIS PECULIAR CONSTITUTION?

The chief, if not the only, cause is inheritance. The scrofulous child always, or so nearly always that the exceptions are doubtful, has a scrofulous or tuberculous ancestry. Usually one or both of the parents show the same peculiarity; occasionally it is an ancestor farther back. The parent may be entirely healthy to all appearance, but inquiry usually shows that in childhood he or she did suffer from some scrof-

ulous ailment; it need not have been the same disorder that the child now has, but one that shows the same constitutional peculiarity. Or it may be that the parent has had consumption, while the children show the various scrofulous manifestations and no lung troubles. Again, the forms of disorder may be different in each child in the family; and, moreover, it is by no means necessary that because one child is scrofulous all the rest will be. While it is true that a scrofulous child nearly always has a scrofulous parent, it is not as true that every scrofulous parent must have scrofulous children.

It would take us too far to discuss the effects of diseases not scrofulous in the parent in producing scrofula in the children, or to consider whether poverty and hardship may engender it in those born without it. If such cases occur they are very rare.

#### CAUSES FURTHERING THE DEVELOPMENT OF SCROFULA.

But while the great cause of the peculiarity is heredity, there are many causes which excite its manifestations. The winter season, for instance, with its many catarrhal inflammations due to cold, is a great developer of scrofula. The inflamed pharynx and tonsil in children of this sort easily fall into a chronic state, and the lymphatic glands of the neck are speedily engorged. In like manner a bronchitis will set up the trouble in the lymphatics within the chest, and, as in all scrofulous ailments, the secondary process continues long after the primary irritation has disappeared.

Certain ages, also, very much influence the development of scrofula. Thus they rarely appear before three years of age, and not much before five, and are particularly active up to about fourteen, when they are dormant, with a renewal sometimes soon after twenty years of age. These are the commonest periods at which scrofulous disorders may be looked for.

Some of the diseases of childhood exert a powerful influence in waking up a dormant scrofula, and especially worthy of mention are measles, scarlatina, and vaccinia.

Measles easily asserts its right to stand at the head of the list. This is probably because of the bronchial and pharyngeal symptoms of measles. The inflammations in those two situations bring about a condition of things very similar to those described as the effects of a cold, but they are more marked. Scarlatina acts in a similar way, but chiefly by reason of its throat inflammations. Vaccination also often lights up in the scrofulous the characteristic train of symptoms. Children known to be markedly scrofulous the physician sometimes prefers to leave unvaccinated, at least at the time of secondary vaccinations. Fortunately, at the early age at which primary vaccination is usually done the scrofulous susceptibility is not so easily excited as it is a few years later. It is this susceptibility that in the majority of cases leads to the unjust suspicion that the vaccine virus used was impure.

#### HYGIENIC REMEDIES.

What treatment can be employed to keep this peculiarity in abeyance? In the first place the parent should be encouraged by the knowledge that its period of greatest activity is during a few years only, and that if during these the outbreaks can be warded off or speedily healed good sound health may be the reward.

It should be borne in mind that the most efficient resources are hygienic, not medicinal. The child should enjoy as pure air as can be had, and as much of it as is possible without exposure to severe weather. Not less valuable is sunlight; indoors or outdoors, the child should be kept in the sunshine, or in dull weather in those places where the sun would shine if unobscured. The influence of these sun-baths can hardly be overestimated. Exercise is valuable, but is secondary in importance to pure air and sunlight. The skin should be kept clean and active, not irritated. In the cold season, of course, the greatest difficulties are encountered, especially by residents of towns in securing the proper amount of good air and sunshine without exposure. The same is true regarding the exercise and the culture

of the skin. But persistent care will accomplish a great deal. In the warm weather stores of health must be laid up to meet the demands of the winter.

The mention of air and baths brings up the question of sea-air and sea-baths. If the child has no existing lung weakness, a stay at the sea-side will pretty certainly prove beneficial, and so will sea-bathing if the water is not too cold or the child too feeble to react well. Nearly as good in most cases, and better if chest trouble exists, is the air of high countries, hilly or mountainous. Places of an open, porous soil are better than those of a rocky bottom, as less likely to be damp; and for the same reason the place of resort and the house should not be overshadowed by trees. Sufficient openness to secure light and air is essential. Moreover, when practicable, occasional changes of residence are conducive to good health, even if the change be only an alternation of two places.

The food is of the first importance, and great care should be exercised to secure a diet which shall agree with the child, and shall tax the digestive power the least possible. It should be also one which shall be as nutritious as possible, consistently with the previously-mentioned requirements. The details of such a diet require careful attention, and it is quite as often by what is left out as by what is put in that judiciousness is shown. For some reason it appears that the manifestations of scrofula are less severe when the nutrition is such that not only the strength but the weight of the person is kept up. The animal fats, if easily digested, tend to this end, and it is principally as an easily assimilated animal fat that cod-liver oil does its good. This, the principal medicinal agent employed against scrofula, is therefore really a food designed to improve nutrition.

Only one word more need be added. The endeavors to meet the constitutional weakness should be persistent. The health should always be kept at as high a level as possible, and every outbreak should be met and dealt with as completely as possible. All this entails much watchfulness, but in the end it will usually have its reward.

## DOMESTIC TREATMENT OF SLIGHT AILMENTS OF CHILDREN.

BY JEROME WALKER, M.D., BROOKLYN.

### VI.

#### TREATMENT OF DIARRHŒA.

THE preceding article in this series described the general nature of diarrhœa. We will now deal with its treatment.

##### FOOD.

A child of the nursing age—that is, during the first twelve months of life—thrives best when nursed by a careful, healthy woman with an abundant supply of good milk. If the health or milk of the nurse fails or becomes disordered, it may be necessary to discontinue nursing; but this is a calamity. Weaning should not be voluntarily effected in hot weather, or when teeth are being cut, or before the end of the first year of life. Nursing for even the first two or three months only is of great importance, and when it is necessary to supplement nursing with feeding, the first had better be reserved for the night. There is no foundation for the popular belief that cow's milk and human milk cannot agree when used by one child as food. Of course there are instances where the nurse's milk is so poor or poisonous as to be useless. To detail such cases at this would time require more room than we have at our disposal.

Before a nurse resolves to discontinue nursing her young baby medical advice should be sought. What shall be fed is a matter of much moment, especially in cases of diarrhœa. Years ago, when it was the custom in some places to drive milch-cows from door to door, and to furnish to families milk really fresh and pure, babies, it is said, generally thrived upon such milk. Later on the custom ceased and milk was furnished to consumers by farmers, dairy-men, and middle-men, the milk coming

frequently from long distances—oftentimes having been jolted over rough country roads, in freight-cars, and on the cobble-stone pavements of streets. Such a susceptible article as milk cannot well stand with safety such usage, and so the relations of its constituents changed, if the milk did not actually sour, and became unfit as a food for a baby's delicate digestive organs. To prevent jolting, and to insure customers against watering by dishonest handlers of milk, bottling was resorted to, and with good results. Still, pure bottled milk is not 'always suitable food for babies, especially those with weak digestion. Sometimes the casein of cow's milk is the indigestible ingredient, coagulating in firm clots, unlike the coagula of human milk. Sometimes the fat disagrees. Some milk acts as a purgative, especially if used very soon after the birth of the calf. Genuine "one cow's milk" is not always well digested, and physicians have come to believe, quite generally, I think, that the combined milk from the average herd of cows is better, as a rule, than the milk from the average "one cow."

Condensed milk was also introduced. If any of my readers have ever visited Borden's condensed-milk factory, at Brewster's, N. Y., they cannot fail to bear witness to the pains taken to insure a pure, wholesome milk; but it will not always agree with babies, even in the form which it is best to use—that is, without sugar added.

To dilute milk to the supposed proper consistency, and to assist in the digestion of casein, there is sometimes added water, barley-water, oatmeal-water, or gum-arabic-water in proportion from one-third to one-half. Barley-water is probably most often of service, especially if there is a tendency to



diarrhœa, and oatmeal-water if there is a tendency to constipation.

Because milk is not always readily digested, patented baby-foods have flooded the market, each one claiming its superiority over the other. Some are arrant frauds, being nothing but sugar-of-milk, and really relying on added *milk* for any nourishment they may afford; others are compounds of starchy foods and sugar. Starch, such as arrowroot, farina, etc., is not a suitable food for the majority of babies. It had better not be used unless partially changed, by cooking or by the addition of malt, etc., into dextrine and sugar, as is the case in Mellin's, Ridge's, Nestlé's, the "Lactated" Food, and the "Soluble" Food for babies. But the best of these foods are in reality quite expensive, and some of them require milk to be added. At the present time most authorities agree with Professor Hensch, of Germany, that "cow's milk is the best substitute for mother's milk during the entire period of infancy," and that "the administration of other substances is advisable only when good cow's milk cannot be obtained, or when it gives rise to constant vomiting and diarrhœa."

The evidence of milk not agreeing is pain, vomiting, or diarrhœa, or all combined, the diarrhœal flow being characterized by coagula in the movements. When such is the case the indication is to rest the stomach for twenty-four or forty-eight hours, giving as little food as possible, and that of the mildest kind—viz., one teaspoonful to one wineglassful of barley-water or rice-water every hour, or more as the stomach will bear it, with an occasional ten to twenty drops of beef-juice. Then cautiously return to ordinary food—equal parts of milk and barley-water, or milk and water, one-third to one-half, with a spoonful or two of one of the best "baby foods" added, or, better still, of wheat-ball flour.\* It is sometimes advisable to

render the wheat still more digestible by adding maltine, or extract of malt, as in the following directions given by Professor J. Lewis Smith for the food of a baby under six months of age suffering from diarrhœa: Mix one tablespoonful of wheat flour with twelve tablespoonfuls of water and heat. To one cupful of this mixture add half a teaspoonful of malt (Trommer's extract prepared for children) and a little salt. This and similar foods may be given, alternating with what is known as "peptonized" milk, as they do not mix well with such milk unless the water added is about equal in quantity to the milk.

In fact, milk made more digestible than it often is in its normal state by the process of peptonizing can be used as the sole food for many babies, both sick and well; and the smaller the number of foods—providing they are digested—the better, as a rule, for the babies. Were it possible for doctors or others to tell beforehand what kind of artificial food will agree with each baby, and for what length of time any one food will agree, there would be no need of so-called experimentation. In all articles such as these furnished to the non-medical public only suggestions can be given; none of the foods mentioned will invariably agree, and to detail minutely the conditions which require various other forms of food, such as the extreme and prolonged wasting following in the track of severe diarrhœal affections known as marasmus, atrophy, decline, consumption of the bowels, etc., would be unwise. Such cases can only be intelligently studied out and treated by careful physicians, who gain better results nowadays in such cases than heretofore.

Peptonized milk, or humanized milk, is prepared as follows:

Fairchild Brothers' Peptogenic Milk-Powder, four measures.

Good milk, half-pint.

Water, half pint.

Cream, four tablespoonfuls.

Mix in a bottle and let stand in a vessel of hot water (as hot as can be borne by the whole hand) for thirty minutes, then pour into a saucepan and bring to boiling. If there is no diarrhœa, keeping the bottle in hot water for fifteen or twenty minutes is generally sufficient.

\* Tie two or more pounds of good wheat flour into a bag and boil for five or six hours, or, better still, simmer for twenty-four hours. Scrape off the yellowish outside of the ball that is found in the bag, and grate a teaspoonful or two of the white inside into the milk.

Animal "teas"—beef, chicken, etc.—are objectionable as foods in cases of diarrhœa, as they generally act as laxatives. On the other hand, a wineglassful of weak mutton-broth, with thoroughly-cooked rice in it, or the same quantity of clam-broth, or the juice of a clam or two is serviceable, if given once or twice a day, or every other day. Beef juice or extract (Valentine's, Liebig's, or Cibil's) may be occasionally given, or as prepared by the following formula—in quantity from one teaspoonful to one table-spoonful :

Add half a pound of lean, minced beef to a pint of cold water ; let stand for half an hour, then warm to 110° F. for half an hour ; add salt and seven drops of dilute muriatic acid ; strain and use.

In diarrhœal affections, on account of the loss of fluids by the body, thirst is frequently prominent, but can to advantage be relieved by moderate draughts of cool water—from one teaspoonful to a wineglassful—or occasionally a little weak, cold tea or barley-water. In fact, barley-water is a good foundation, as we have seen, for other food. A teaspoonful or two of cream, with a pinch of salt, may be added to it, or the white of an egg may be mixed in it. The albumen of the egg may be given in water, to which is added sugar and a drop or two of dilute muriatic acid.

There are two common errors : first, of



FIG. 1.—Exact size of Infant's Stomach at Birth.

giving too little food, and, second, overcrowding the stomach because the child seems hungry—the supposed hunger being frequently thirst or an uneasiness at the

stomach. Overfeeding produces not only dyspepsia and diarrhœa, but tends to weaken and dilate the walls of the stomach. The stomach of the young child is smaller than is generally supposed. Fig. 1 represents the size of the stomach of the new-born child, neither distended nor contracted. According to Professor J. Lewis Smith, the average quantity of food which should be given every two hours to a child under five weeks of age is one ounce ; between five weeks and ten weeks, two ounces ; at six months, three ounces.

Medical men experienced in the treatment of children agree, I think, in discarding feeding-bottles with long rubber tubes, especially when the tubes are a foot or more long. I have seen them in use two feet in length, the tubing being bought separately and affixed to the bottles—the reason for this length being that it keeps the bottle out of reach of the baby, and enables the mother to place the bottle under the pillow or elsewhere to keep the milk warm.



FIG. 2.

When it is fairly understood that it is almost an impossibility to keep the *short* tubes clean ; that on cutting open one that has been in use for several days there will probably be found particles of sour milk and, by the aid of a magnifying-glass, fungus growths, it will be seen that to attempt to keep a long tube clean is an absurdity if not something worse. A bottle like the "common-sense nursing-bottle," with rounded corners, so that it can be easily cleaned (described in the last number of *BABYHOOD*), or an ordinary rounded nursing bottle is better than a flat one. Rubber nipples should be used, replacing one that has been used several times with a fresh one. These cuts represent the several shapes of nipples most often seen in the shops. No. 5 seems from experience to be the one most desirable.

A thing worth noting in purchasing a rubber nipple is the size and number of holes in

the point. Those having large holes often allow such a flow of milk that it is swallowed too hastily and discomfort and regurgitation result. If they can be found, nipples without holes are preferable; as many holes as are desired can be made with the point of a stout sewing-needle.

#### AIR.

Next to food in importance as a remedial agent is air. The polluted atmosphere in many tenements and the confined, devitalized air in some roomy and well-appointed houses are both unsuited to the babies' needs. The occasional breath of fresh air which some of these children thus housed obtain does good; but where children can in hot weather *be kept in the open air*, protected from the sun's rays, a large part of several days



FIG. 3.

and a part of the very hot nights the greatest good is obtained. Pure, cool air acts as a nerve-tonic, and many a baby with diarrhoea and vomiting will peacefully sleep, and vomitings and movements will cease, when the child is in such air. Floating hospitals, sea-side homes, and country week-homes do much towards furnishing fresh air to the sick babies of the poor; but there are thousands who do not get away from their homes at all. For these shelters might be provided on docks which are but little used for storage or shipping, or in some of the parks, or on the islands in our harbors. Short excursions into the country or to the sea-shore are of value, if the babies are taken from their homes very early in the day and are brought back in the "cool of the evening," and while away are kept in quiet, cool places and have suitable food.



FIG. 4.

To hurry to and fro in a crowd in the hot part of the day is a dangerous experiment for a sick baby, and may be called a fool-hardy act. To return in the hot weather to the city from a trip to the mountains or the sea-shore is a risk. During the hot weather cool and dry beds should be used; a hammock, a wire-woven mattress with a blanket on it, or a thin hair mattress. Parents who take their sick babies away from home will find that it will pay to have airy rooms for them and also proper beds. If these cannot be obtained it is fairly a question whether it is not best to stay to home, if home quarters are comfortable. When it is decided to go away, the sooner one goes, as a rule, the better. Most physicians have seen babies' lives tampered with and even shortened because some mothers think they must have dressmaking or other work done before they can leave with their charges for the country.



FIG. 5.

#### CLEANLINESS.

Not only is it necessary to keep the feeding apparatus clean and the food sweet and pure if we are to obtain good results of treatment, but the child, its clothing, room, and surroundings must be absolutely clean. Yet how seldom are these conditions found by the physician! The prevalent dirt poisons the air and aggravates the disease. Soiled diapers and other clothing should be removed from the room as soon as possible after being taken from the child, and, after being washed, should be hung in the open air to dry; or, if they cannot be so removed, they should be placed in a covered pail of water, into which there has been put three tablespoonfuls of a solution of chlorinate of soda (Labarraque's) or of listerine.

Spongings of the entire body in hot wea-

ther with cool water once or twice a day are of great service, both in lowering the temperature of the skin when overheated and in keeping it clear, so that it can easily do its work, which is important. A little salt or alcohol added to the water makes it stimulating. With very feeble children inunction with oil may be used instead. Warm a tablespoonful or two of good olive, neat's-foot, or cocoanut oil, and rub gently for five or ten minutes into the skin with the hand or a soft flannel. Then rub off the surface oil with a soft towel or napkin.

Bed-clothing needs to be clean, thoroughly aired, and frequently changed. Much of the chafing from which children suffer who have diarrhœa is due to the fact that the irritating discharges are left in contact with the skin, sometimes because diapers are not changed promptly and the child's parts washed and dried thoroughly, and sometimes because the child is laid on a piece of rubber cloth in a bed which sags in the centre. Diapers, also, which have been washed with common soap or in washing-soda, and have not been thoroughly rinsed, are liable to chafe the skin.

#### EXERCISE.

There is danger from *too much* exercise in diarrhœal affections. The quieter, as a rule, the child is kept the sooner will it get well. The stomach and intestines rest along with the remainder of the body. But there seems to be on the part of many mothers an insatiable desire to rock, trot, or shake their babies. Towards the end of a hard morning's work in choosing suitable cases to be sent to the sea-shore, when mother after mother had either trotted her sick baby on her knee or had monotonously and mechanically swayed from side to side with it, I asked a young mother with her first child why she kept moving her baby. "And why not?" she replied; "isn't it good for him? Sure and the women told me that I should. They told me, too, that I should hold him by the legs with his head down, but I never could do that." It is a great relief sometimes for a sick baby to be gently but firmly held or

carefully rocked or walked with, but there is the danger always of doing too much of it. Provide a comfortable bed and some such pen as has been described in recent numbers of *BABYHOOD*. When indoors amuse the baby, or give him something to amuse himself with. Hold him as little as possible, that he may not get into the habit of being held. Don't jolt him or shake him; allow him as much exercise of his muscles in creeping, etc., as will not tire. Rest him and yourself by having him taken into the open air, and when the father comes home, not tired by the care of Baby, his strong but gentle arms will prove a restful coddling-place for the little one.

#### MEDICINE.

So strongly does the writer believe in proper food, good air, rest, and cleanliness as curative agents that, were he limited to but a few remedies, he would prefer the hygienic ones. Still, medicine is of value, but by the laity is more frequently relied on than it should be in diarrhœal affections, as parents become frightened when the movements are many per day. They seldom think that lowering the number of meals, or giving the child more air, or making it more comfortable, or giving it more or less stimulants, as the case may be, will frequently suffice. As medicines are so liable to abuse, the writer will indicate but a few that may be used.

Alcoholic stimulants, preferably whiskey or brandy, given two to ten drops every half-hour or hour, or even every ten or fifteen minutes, if the child is prostrated, are in many instances necessary. They had better be given in a little cool water, and not mixed with the food. Sometimes two to five drops of aromatic spirits of ammonia may be given in water in the same way instead of the alcoholics, but this does not always agree. A better indication in babies than the weakness of the pulse for the use of stimulants is the depression of the "fontanel," or the triangular-like space between the bones on the top and front part of the head. In health it is on a level with the



surrounding surface, but as debility progresses it becomes more and more depressed.

In simple diarrhœa, an enema after each movement of one or two ounces of cool water is frequently sufficient, or a quarter to half-a-teaspoonful of the chalk mixture of the shops may be given internally. In inflammatory diarrhœa, if there is pain and tenderness, apply hot applications as directed in article on colic (vol. ii., page 382). Medicinally, add to each dose of chalk mixture two to ten drops of paregoric, or give an astringent, with or without the opiates; if the movements are watery, five to twenty drops of fluid extract *geranium maculatum*—i.e., crow's-foot or crane's bill—in water or milk, after each movement.

For many cases of diarrhœa, especially if the movements have a sour odor, the "rhubarb and soda mixture" is useful:

Fluid extract of ipecac, five drops.  
Fluid extract of rhubarb, two teaspoonfuls.  
Bi-carbonate of soda, one-third ounce.  
Glycerine, two teaspoonfuls.  
Peppermint-water, enough to make three ounce mixture.  
Dose—Quarter to half-teaspoonful after each movement.

In cases of cholera infantum, where the stomach is irritable and liable to reject almost everything put into it, and where the movements are frequent and watery, the main reliance must be on rest, stimulation, but not to the point of intoleration, keeping the feet and body warm. Paregoric can *cautiously* be used every hour or two if the child is restless, in doses of from five to ten drops; but it should be the only medicine, and its use should be discontinued as soon as the child is quieted or the movements decrease in quantity. To use an opiate in simple diarrhœa, or to continue its use for any length of time in any case without your doctor's orders, is to run the risk of harm to your child.



## NURSERY PROBLEMS.

### Test for Cross-Eyes.

To the Editor of BABYHOOD:

Yesterday morning my next-door neighbor, a mother of two children, sent to know if I would run in there a minute in haste. On going into her sitting-room I found her quite agitated—unduly so, it seemed to me, when I learned the cause. She said: "I'm going to ask you a question which I wish you'd answer as quickly as you can, without giving yourself time to *think out* anything more than your first impressions. Willie, stand right there and look straight forward at Mrs. B.'s face. There, now, Mrs. B., *is he cross-eyed?*" She went on to say, after a short pause, that she had been startled to find him, as she thought, cross-eyed in the morning, and yet she could not satisfy herself of it. I confess it was difficult for me to decide; there were moments when he seemed decidedly so, and again I could hardly distinguish it. To-day it is certainly more marked. I told her there was only one thing to do, and that was to write to BABYHOOD for information! Are there not certain simple tests

used by oculists which we can apply at home? If you can give us any help you will greatly oblige both of us. Willie is five years old, and almost as great a favorite in my home as in his own.

Danbury, Conn.

J. M. B.

The test most commonly employed by oculists to detect "cross-eyes" or "squint" is to cover one eye, and have the child look with the other at the examiner's finger, held at a distance of about fifteen inches directly in front of the child in the median line; if this be done, and the hand covering the eye be slightly tilted so that the examiner can watch the covered eye, the latter will be seen to roll, or move inward or outward, according to the nature of the squint. Then, by suddenly removing the hand from the eye previously covered, the difference in the direction of the axes of the two eyes will

be very apparent; the observation must be made quickly, however, since the squinting eye will soon correct its position so that its axis will correspond to that of the other eye, and both will then become fixed upon the examiner's finger. This test should be applied first upon the eye which appears to squint, and then upon the other in a like manner.

It must be remembered that cross-eye, at the commencement of the trouble, is often present only at certain periods and absent at others. Also, that it is frequently due to errors of vision which, at times, may be corrected by the fitting of proper glasses.

### The Value of Flour-Balls as an Article of Diet.

To the Editor of BABYHOOD:

Pertinently to your articles on the artificial feeding of infants I wish to say that I have a young babe, born June 24, which, owing to my very debilitated condition, it was necessary to place upon the bottle when only five days old. Acting on the suggestion of my nurse, we employed a standard artificial food, which will be nameless.

Our little one did passably well for two or three weeks, then was taken ill with diarrhœa, which we were unable to check. Upon the advice of our physician we removed her to the mountains, hoping that a change of climate might be beneficial. Unfortunately, she rapidly grew worse, until the dreaded cholera infantum was developed. At almost the last moment we secured a wet-nurse. Our child convalesced slowly. After three-weeks' nursing, and just as we were beginning to entertain very cheering hopes of the ultimate recovery of our darling, it became necessary, owing to illness, for the nurse to return home. We tried in vain to replace her, and were compelled to resume the bottle-feeding. We did this with fear and trembling; our former experience decided us to reject all patent foods. After considerable thought we concluded to prepare the food according to the following original formula:

Pack one quart sifted flour solidly in a cloth and boil it four hours; after removing from cloth scrape off the outer coating of flour, about a quarter of an inch; underneath the remaining portion will be perfectly dry and hard, like chalk. To two teaspoonfuls of this grated flour, previously wet with a little milk and made into a thick paste, add one pint boiling water, the same of good, rich milk, two tablespoonfuls lime-water, one teaspoonful sugar—sugar of milk preferred. The above amount prepared twice in twenty-four hours has been sufficient so far.

On this diet our baby began to improve at once astonishingly, and since the first week in September has gained on an average one-half pound per week. She is now, and has been for a long time, in perfect condition, and is greatly admired by our family physician, who advised me to write you this article.

In conclusion I will state that I almost invariably prepare the food myself, placing it at once on ice. When it is necessary for the servants to attend to the warming process I require them to use a dairy thermometer to obtain the proper temperature of ninety-five degrees.

J.

*Jersey Shore, Pa.*

The boiled flour-ball is a well-established

form of dextrinizing the starch, which is one of the chief problems of infant-feeding. Its efficacy is attested by long experience. It is recommended not as the ideally best food, but as a good food in conjunction with diluted cow's milk, and one which is within the reach of every one. Dr. J. Lewis Smith, in a paper read a few months ago before one of the sections of the New York Academy of Medicine, detailed the preparation of the flour-ball, and the following is an abstract of his plan: Five to ten pounds of selected wheat-flour are to be packed in a bag of strong texture, the bag firmly tied with a strong cord and kept covered with boiling water four to seven days, which causes a part of the starch to be converted into dextrine, and probably changes all the starch in some way to make it more digestible. It is not necessary that the water be constantly kept boiling. For children under three months of age he recommends that milk be diluted with a solution made by putting two heaping teaspoonfuls of the grated flour into a pint of water, boiling for a few minutes. After the sixth month four teaspoonfuls may be used.

### Disadvantages of Early Instruction in Piano-Playing.

To the Editor of BABYHOOD:

Ours is what is called "a musical family," and my husband believes that the musical education of children cannot begin too soon. Our little girl commenced to learn piano-playing when she was five, and I have never noticed any evil consequences of her spending every day an hour at the piano. She is now eight and a well-developed, strong child. My youngest boy, who is nearly six, shows, if anything, more fondness for music than his sister, playing quite a number of tunes simply by ear. My husband is anxious to have him take systematic instruction; but I have my doubts as to the wisdom of beginning so soon, he being a nervous, fidgety child. I know it would be quite a task for him to sit still at the piano for even a quarter of an hour; and my husband, though a proficient player, is not the most patient teacher. Is there, in your opinion, any danger that piano-playing may promote my boy's nervousness?

J. R.

*Providence, R. I.*

Here are two or three things somewhat mingled which are really distinct. Piano-playing to a child loving music to the degree described would doubtless be a pleasure, and, probably for this reason and because of its rhythmic nature, a soother of his fidgety disposition. But piano drill is quite another thing, particularly if prolonged lessons and hours of practice are, as is usually the case, implied. Add to this an impatient teacher, and the result would probably be an irritation rather than a calming of the child's nervous peculiarities. If he has

lessons at all let them and the necessary practice be made as short as practicable. Our judgment is that delay is advisable. A child with a musical taste will come back to the piano by and by with greater zeal if not prematurely put to it.

### The Hammock as a Sleep-Inducer.

To the Editor of BABYHOOD :

Does BABYHOOD consider hammocks injurious to babies? My baby is nearly five months old, and for four months I have used a hammock for her, getting her asleep in it. It made her sick once, when I first got it. With this exception I have never been able to discover any bad effects from it; but I have often wondered if it would be harmful in any way.

Toledo, O.

MRS. J. B. M.

The hammock, if not violently swung, is no more injurious than the cradle or the rocking-chair, presupposing that it is a full-sized hammock, which allows the child to lie without being doubled up. The whole question whether any kind of oscillation is worth while as a means of getting a child to sleep we cannot enter upon. Such manœuvres are not necessary and if begun usually must be continued. The child is not benefited, the mother is taxed. Nevertheless the pleasure of putting one's baby to sleep in the arms often, if not always, repays the mother for the taxation, at least while it is not too heavy. And in view of the generations of our cradle-rocked and chair-tilted ancestors we cannot say that these rhythmical motions are usually injurious.

### Physical Exercise for Girls.

To the Editor of BABYHOOD :

What physical exercises are best adapted for girls as distinguished from boys? More particularly, ought girls of from five to seven years of age to walk, run, and jump as much as boys of the same ages? Are you in favor of making them exercise at the turning-pole? The question was lately discussed by several mothers of my acquaintance, who would be thankful for BABYHOOD's opinion.

Omaha, Neb.

MRS. T.

Girls from five to seven years of age may practically have the same exercises as boys of the same age, with, perhaps, only a little reserve as to heavy exercise (in proportion to age), because even at this early age the boy usually shows something of the superior muscular strength that is so marked in adult life. But they may walk, run, and jump like boys if they are not unusually excitable girls. The exercises of the turning-pole we do not understand, but some of the performances seem to be too heavy either for boys or girls at the very young age spoken of, for the relation of weight

to strength is not uniform throughout a person's growth. We mean, for example, if a young adult of 160 pounds can exert a certain strength a 40-pound child cannot be expected to put out one-fourth of that amount of strength.

### Susceptibility to Colds.

To the Editor of BABYHOOD :

I have hoped to see a treatise on catarrh ere this in BABYHOOD, for my children both have a tendency that way. Being thus afflicted myself ever since my earliest remembrance, it is one of my greatest desires to prevent it in my little ones.

My oldest, a boy of five, upon taking the least cold has a terribly-sounding cough, and now has a cough which I take to be catarrhal, and which has lasted two months. I am doing all I can to cure it, having consulted my physician a number of times. He tells me it is in the larynx, and I am now giving cod-liver oil for it. But what I desire to know is how to prevent this susceptibility to colds. I sponge my boy in cold water mornings, rubbing quickly dry. He goes out in all weather, well protected, with a rubber coat on wet days. He wears cotton stockings, yet his feet are so wet when I remove his boots that I often examine them to convince myself he has not been wading in puddles. For the last month I have changed his boots at noon, and put on dry stockings at noon and at four P.M., so that now I do not so often find his feet in that wet, icy-cold condition. Any advice or hints will be greatly appreciated by a puzzled mother.

C. M. R.

Dorchester, Mass.

The article in last number on throat troubles will answer many points regarding this case. The salt bathing is especially to be recommended for the feet, to prevent clamminess. If it is not sufficient the use of alcohol and salt, about a tablespoonful of salt to a pint of common spirits (a common grade of New England rum will serve very well), or in that proportion, will be likely to prove efficacious. Sponge the feet with the mixture and rub smartly to dry. Or the "pickled towels" may be used. The towels wrung out in strong salt solution and dried may be used to rub the feet without bathing. The salt crystals in the tissue of the towel stimulate the skin.

### Cold Feet as a Consequence of Short Clothes.

To the Editor of BABYHOOD :

Can BABYHOOD tell me how to keep my little girl's feet warm through the day? She is eight months old, has always been strong and well, is plump, and has rosy cheeks. I put her into short clothes a month ago, putting on long woollen stockings and the little soft, solid shoes that come for the first wearing. At night, when I undress her, her little feet are very cold and clammy.

Ilaverhill, Mass.

SUBSCRIBER.

It is not very easy to keep the feet of a baby quite warm who is short-coated in winter. The first effect of shoes is rather to retard the



circulation in the feet by diminishing the play of muscles. And little ones who are very vigorous often have the feet and hands considerably colder than the body or the limbs. The best way we know is to have the shoes and stockings very large, to make sure that the feet are quite warm when put into their coverings, and if this alone does not succeed take off the shoes and stockings in the middle of the day, rub and warm the feet, and reclothe them. See also that the napkins are not so tight as to prevent exercise of the limbs.

### Preparing for Weaning-Time.

*To the Editor of BABYHOOD :*

My baby is just ten months old. He nurses on waking in the morning, at noon—when he has a nap, at half past six—when he goes to bed, and on waking in the evening. During the day he takes about a pint of milk and a slice of bread. He will not eat oatmeal.

1. What shall I give him when he is weaned in April ?

2. And how get him to sleep ? He goes to sleep nursing now. If he rouses in the evening and I go to him, I lie down beside him, and he puts his arms round my neck and goes to sleep. If the nurse has care of him she rocks him, or if his father, he walks with him. Neither of us can get him to sleep in the way the other does. He seems to understand perfectly what is said to him, and obeys "No, no!" as well as he ever will. I should like to feed him and put him to bed awake.

3. Will there be any danger of his hurting himself if he cries quite hard at first ?

4. Can he go from his bed-time till six in the morning without being fed ?

5. He is very anxious to walk—is continually climbing up by chairs and pushing them along. But his right ankle bends in a little sometimes. I find also that it does not feel as large or as strong as the other. What can I do for it ? He weighs twenty-one pounds, has never been sick, but has been constipated several times from my getting overtired or sick.

*New Bedford, Mass.*

CHARLOTTE W.

1. If he takes a pint of milk daily and a slice of bread he is already well on toward weaning. The best plan will be to begin now to substitute warm milk and water for one nursing, and gradually diminish a time of nursing until he is entirely fed. He is at present too young to live on undiluted milk, and even in April we think it would be better to have a little water in the milk, if the milkman has not already saved you the trouble of watering it. The bread ought to be thoroughly chewed, not softened in milk and washed down, as the saliva should be thoroughly mixed with the bread to insure its digestion. After he is weaned his diet should be chiefly milk and cooked cereals. He may then relish even the disliked oatmeal.

2. The child, having been used to have some

accompaniment to his sleep-going, will, of course, resist any change in his routine. If a child falls asleep on the breast there is no help for it ; but the breast should never be used simply to put it to sleep. When the time of weaning comes you will have to tax your ingenuity and patience to overcome his habit ; but if you carry out the gradual weaning suggested, sucking and sleep will not be so closely associated as hitherto, and the problem will be by so much the easier.

3. Probably not. The only danger is in children who have a tendency to rupture. If you are in doubt, have the baby examined by your physician ; but usually a hearty cry is not dangerous, though trying to the listening parent.

4. Probably he can if he is not put to bed very early. Very much younger babies than he will be in April go easily six hours if they sleep well, and he can probably go ten. If he goes to bed very early, give him food at your bed-time.

5. Watch the ankle and discourage the standing as much as you can. If he persists, get a shoe with stiff piece in the "counter" to support the ankle, and if the trouble continues ask medical advice.

### The Relation of Phimosis to Rupture.

*To the Editor of BABYHOOD :*

I am much interested in the article on "Ruptures" in this month's BABYHOOD, as my little boy, aged two years, has been wearing a truss for nearly seven months. He has also been troubled with phimosis, having had two operations performed and another one seeming inevitable.

I notice the writer of the article on ruptures attaches little importance to the theory that phimosis might or does cause rupture. My experience would lead me to believe that it was the cause in my boy's case, for nearly every attempt to pass urine was preceded by great effort and *straining* and often violent screaming. Do you not think it reasonable to infer that it was partially, if not wholly, the cause of his rupture ? I speak of this because I wish BABYHOOD would urge the necessity of mothers of boy-babies having their little ones examined by a physician who knows, so that they may be sure that phimosis is not troubling the child. I find that nine people out of ten do not even know of this trouble, and it seems to be overlooked even by some physicians as a matter of little importance. I notice Dr. Gibney speaks of it as "this normal condition of childhood." Now, is it a normal condition, and, if so, why is it such a common cause of suffering ? Will you kindly answer my questions through the columns of BABYHOOD, for I think it a subject on which all mothers ought to be correctly informed.

*Geneta, Illinois.*

E. C. B.

In a child with no predisposition to a rupture—*i.e.*, with no weakness of structure at the points where ruptures usually take place—a great deal



of straining can be borne without rupture following. In the case of your child the exciting cause was very probably the straining due to phimosis, or adherent prepuce. His seems to have been a very severe case, judging from your description, and apparently a complicated case, or there would be no call for more than one operation.

BABYHOOD has occasionally alluded to this peculiarity, but it would not lay too much stress upon it. There have been medical men who have, in our judgment, made entirely too much of it, making this trouble the source of numberless ailments. Its existence should certainly be known to all mothers, so that they may, as you suggest, consult a "physician who knows." The fact that the people who use circumcision as a religious rite for all male children are certainly as subject, if not more so, to rupture than others shows that Dr. Gibney was right in putting it down as a minor cause. The condition is certainly "normal in childhood." At birth the foreskin is still partly agglutinated to the parts below; during infancy this attachment is ordinarily loosened and the foreskin, while still incapable of being drawn backward—which constitutes phimosis—presents no obstacles to the passage of urine. When the adhesions are unusually firm, or the orifice of the foreskin is unusually small, irritation or obstruction may occur, and then surgical interference is called for. Whether a circumcision is called for or some less radical manœuvre, such as separating the ad-

hesions, the surgeon must decide in each case. It may be added that the operation involves no danger, and in cases of doubt as to the necessity it may safely be performed with the assurance that no harm can result in any event.

#### Genital Irritation as a Source of Nervousness.

*To the Editor of BABYHOOD:*

I have read with great interest the article in the November BABYHOOD upon "Nervous Children," as it so exactly describes the condition of a boy of five years of age under my care. In that article I read, "regularity in eating and sleeping and good common sense in the selection of food are the most remedial things." I wish to ask, If there is some irritation of the genital organs producing the nervousness, is there not something more that can be done for the child? If so, what is the wisest course to take with him?

*Framingham, Mass.*

A. F. R.

Yes, if the genital irritation is evident it should be removed, if possible. Tight or adherent foreskin in male children frequently is a source of nervous irritability and sometimes of more pronounced trouble. The frequency of this cause has been exaggerated, but, as set forth elsewhere in reply to a similar question, the operation of circumcision or some of its substitutes involve no danger, and should therefore be resorted to whenever there is a reasonable probability that the genital trouble either causes or aggravates the nervous manifestations. By so doing the last exciting cause may be removed, and the remaining sources of irritation may then be bearable if they still persist.

## BABY'S WARDROBE.

### One Baby's Winter Outfit.

To the many mothers who find the question of ways and means one difficult to solve, the story of how a mother made her baby's winter outfit at very small cost may give suggestions of help.

Baby Hal, a year and a half old, was plentifully supplied with warm in-door clothing, wearing a woollen shirt, flannel skirt, white flannel dress, cambric petticoat and dress, with gingham aprons of pin-head check for playing about the floor. But the matter of out-door raiment it was which his mother pondered.

A discarded coat of Hal's papa, very shiny, but of excellent fabric, supplied the material for Baby's cloak. It was ripped, sponged, pressed, and turned wrong side out, and cut in short-waisted Gretchen shape into a very pretty and

stylish little garment. A half yard of velvet of the same brown, costing seventy-five cents, made a deep collar, cuffs, and wide belt. A clasp for the belt, at thirty cents; a half-dozen buttons, at twelve cents, and a yard and a half of farmer's satin for lining, costing fifty-three cents, were the other materials purchased. The coat is as comfortable and pretty a garment as could be desired, and cost just a dollar and seventy cents. It is very becoming, the dark velvet setting off the fair hair and flower-like face; and as it comes quite to Baby's feet, and the upper part has an interlining of wadding, it is quite warm enough for even a New England winter.

For head-gear to match, the brown velvet which mamma had worn two winters as a bonnet was put over a Normandy-cap frame, wadded and lined with silk. A full plaiting of lace

was put around the front, and a pretty, warm hood was the result, without one cent of outlay, everything coming out of mamma's boxes of odds and ends. The Afghan to match cost just ten cents, expended in buying a package of seal-brown Diamond dye. With this was colored a soiled white woven Shetland shawl. A much-worn scarlet felt skirt furnished an interlining, over which the shawl was folded and securely sewed, and the effect of the brown and red is warm and pretty.

A pair of brown woollen stockings, ribbed, and costing fifty cents, are drawn over Hal's shoes and away above his knees, and keep the little feet and legs very warm as he rides in his sled. Next year, when he runs about out-of-doors, rubbers will go over these. The idea of over-stockings was brought from Montreal, where winter comfort is reduced to a science, and I find them much preferable to the ordinary leggings, warmer and easier to wear under rubbers.

Red mittens, the gift of an aunty, complete Hal's costume, protected in which he goes out on the coldest days with safety, and I think that no one seeing his attire would fancy that its materials were furnished by the old-clothes closet.

Connecticut,

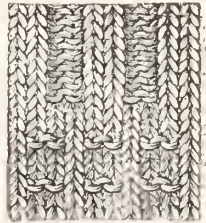
ELIZABETH SALISBURY.

### Knitted Legging for Children from One to Two Years.

For the upper part of this legging begin on a chain of 76 loops, and knit 18 rows, 2 stitches straight and 2 reversed, alternating regularly. Then begin the pattern, which consists of two rows knit straight around, and one row in which 1 straight and 2 reversed stitches alternate at regular intervals, and continue evenly for 40 rows. In the following 42 rows decrease every sixth row, as in an ordinary stocking, by knitting 2 stitches together on each side of the back seam, which here, however, is not marked. Now knit 2 rows reversed, which divide the pattern of the upper part from the lower, which latter consists of 3 rows knit straight around and 3 rows of 2 straight and 2 reversed stitches alternately, the design being transposed at

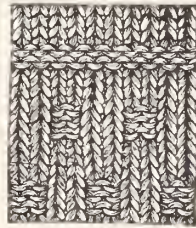


each repetition, as shown in the illustration. Knit 24 rows, and then divide the entire number of stitches into two equal parts. Allowing the half intended for the front part to remain unregarded for the present, cast on 13 new stitches



PATTERN OF UPPER PART OF LEGGING.

at one end of the back part—at the right side for one legging, the left for the other. Working crosswise on these 13 stitches, the heel-part of the legging is now constructed in the design just described (see cut of legging), the 13th loop on the needle, in the returning row, being knit together with the corresponding loop on the back half, the latter lifted off and counted as the first loop on the row going back, this process being continued until the entire number of loops is used up. Now add the 13 loops of



PATTERN OF LOWER PART OF LEGGING.

the heel part to those on the needle containing the front half, and on the other side take up the chain of 13 on which the heel part was begun. Continue the design, knitting back and forth, and decreasing on each side one loop in every second row until 30 remain on the needle. To make a firm finish, take up all the stitches around the edge, and knit 2 rows all around, 1 stitch straight and 1 reversed, after which finish off. An edging of small scallops, each decorated with a button, ornaments the outer side of each legging, and a piece of two-inch-wide belting or elastic-sewed to either side of the foot part serves as strap.

### Crocheted Wash-Cloth.

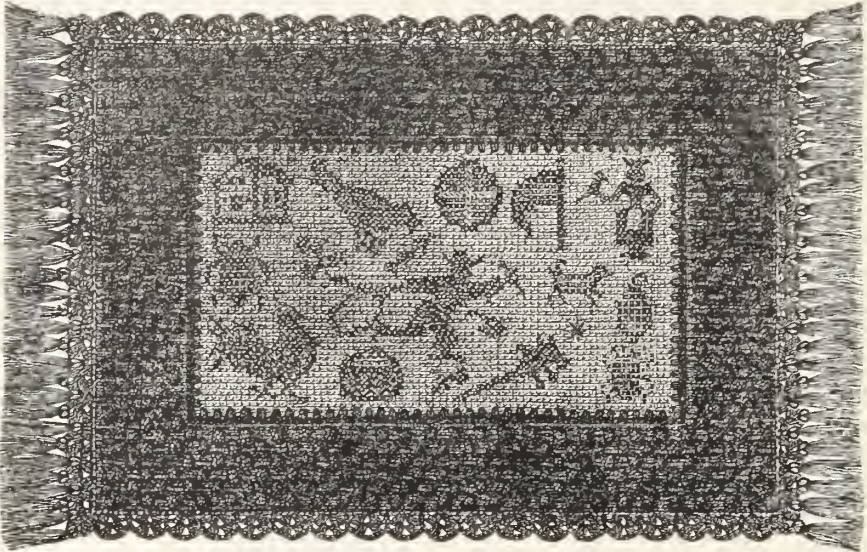
A PRETTY and serviceable wash-cloth is one, crocheted of coarse white knitting-cotton in a square of about 8 inches. Any of the stitches, that have been illustrated in this magazine may be employed to advantage in its construction. It is finished off with a little scalloped edging, through which coarse red marking-cotton is drawn in fancy stitches. A little crocheted loop at one corner serves for hanging up. It is equally pretty when knitted, and can be easily taught to little fingers whose owner will take great pride and delight in working something that can "really be used."



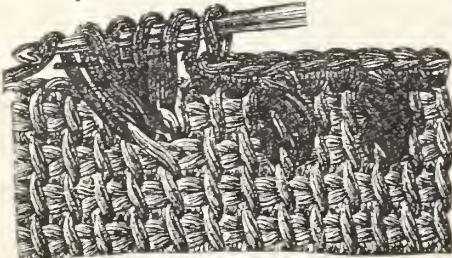
**Nursery-Mat, Crib or Carriage Cover.**

FOR the centre of this odd mat or carriage-cover crochet of gray wool in plain afghan stitch a strip 15 inches wide (94 stitches) and  $26\frac{1}{2}$  inches long (126 rows). Around this work the edging in a color corresponding to the bor-

proceed. These chains will produce the raised appearance of the border. Now work one row in plain afghan again, with this difference, taking up the vertical loops in the row going forward from the *back* of the work, which will produce the wavy effect shown in the pic-



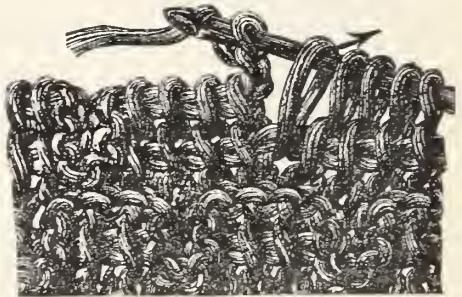
der, which in our model is maroon, in shell-stitch, as illustrated, in the following manner: After two half-stitches insert the needle into a vertical loop of the second preceding row, draw out three long loops, and close into one stitch at the top in the manner indicated by the arrow. Work the border separately, like a frame, and join to the centre, on the right side, by a row of tight half-stitches. Begin on one of the long outer edges on a chain of 128 stitches. Work the first row in plain afghan. In the second, while working forward, after taking up four vertical loops in the usual manner, draw one loop



SHELL-STITCH FOR MAT.

forth from beneath a *horizontal* stitch, as shown in the illustration. In going back work two chains before each of these loops, draw the latter through the needle, work two chains again, and

ture. Repeat in the manner above described, transposing the loops and chains in regular order while working on. For the scalloped edging work one row all around in half-stitches. In the second row work in every third stitch alternately, once a tight stitch and once four plains separated by two chains. The fringes at the sides are knot-



STITCH FOR BORDER.

ted alternately into the tight stitch and into the loop formed by the two chains, while the edging of the two long sides is completed by a third row worked exactly like the second. The little figures—birds, houses, bannets, etc.—are worked in cross-stitch of bright-colored silks or wools. Appropriate designs can be found in the little alphabet-books for sale at low prices in all fancy-work stores.

### A Wrapper of Knitted Goods.

MORNING wrappers for babies' use, made of delicately-colored flannel, are very pretty, but "M. B.'s" objection to them in the November BABYHOOD is certainly a good one. They soil quickly and wash poorly. Her suggestion to use cambric lined with canton flannel I think excellent, and shall adopt it for short wrappers. On very cold nights last winter my baby wore over his night-gown wrappers of *knitted goods*—the same material of which our own underwear is made. These I still find useful for Baby's nap after his bath. The winter weight, containing about half wool, is soft and fine and washes perfectly; the price is fifty-five cents a yard. Made after the plain wrapper pattern, night-gown length, with hem and seams feather-stitched in bright silk or crewel, this little garment is pretty and especially convenient for a young baby. For summer a lighter weight, containing no wool, can be used.

Of this same knitted goods I also make Baby's undershirts. As one yard of material makes three shirts, a home-made garment quite as nice as the purchased article can be had at less than the cost of the latter.

Albany, N. Y.

D. W. K.

### A Proposed New Departure in First Clothes.

I WISH you a happy New Year, and hope that you may be more successful than ever before in carrying help and comfort to weary mothers. I wish to thank you for the help that BABYHOOD has been to me. I cured my first baby of constipation by using the remedy given in the January number (1886), by "E. C. C.," for which you have my thanks. I consider that alone worth many times the price of the magazine.

I have two baby-girls. One, of eighteen months, has just commenced to walk alone; the other is six months old; so you may know that my task is not an easy one. I used the plan of the "Gertrude Suit" when I made short clothes for my first baby, and like it very much. A great improvement on the old way with so many bands. For my second baby I made over all the long clothes, and modelled them after the pattern you published of the "Gertrude Suit." I put her into short clothes when three months old.

Another time I would put the baby as soon as born into short clothes. Two ladies near here did that this summer, and like the plan very much.

F. M. S.

Iona, Minn.

### Crocheted Cap for Little Boys.

HAVING in our last issue shown a cap and muff for little girls, we now present a pretty and warm cap for little boys. It is made of white double zephyr or eider-wool. The shell-pattern is produced by crocheting three loose



plains into the vertical loop of the second preceding row after every three stitches, in every third row of the otherwise ordinary afghan stitch, drawing the plains together into one loop. The crown and brim of the cap are worked separately. The crown consists of a circle measuring nine inches in diameter, and is worked after a pattern cut of paper, increasing and diminishing at the sides as the shape requires. For the brim, cast



SHELL-STITCH FOR CAP.

on a chain of 89 stitches, close into a ring and work a lining of ten rows in plain afghan stitch, and add ten rows of the pattern, here transposing the shells, as shown in picture of cap. After lining the crown with thin, white silk, lay it in flat plaits at the edge and sew between the



upper and lower edge of the brim, the latter now being folded double at the bottom. The ear-flaps are likewise worked with the shells transposed, beginning on a chain of 10 stitches and crocheting 8 even rows. Then decrease one loop at either end of every row until 3 loops remain on the needle, after which add about 26 or 30 rows for the tying-strings, and finish off with tassels. A cloak or shoulder-cape crocheted to match is very pretty and not difficult to make after a pattern cut of paper.

#### Knitted Towel.

KNITTED towels are extremely nice and soft for the drying of tender baby skins, and their making is an easy, pleasant task, exercising no strain on the mind or eyes. They are worked in plain knitting-stitch, of coarse white cotton on thick wooden needles. They can be simply finished off with a fringe, or more daintily by a border at either end, about 4 inches deep, crocheted in afghan stitch, which makes a nice foundation for cross-stitch designs worked in colored marking-cotton. It is pretty to have a vine or dado pattern at one end, and at the other some suitable words of greeting, such as "Good Morning."

#### Trimmed Basket-Bed.

OUR illustration so clearly shows the arrangement of this dainty nest for Baby that scarcely any word of description is necessary. It may be fitted up with silk, cashmere, or silesia,



covered with lace or Swiss, as means or taste dictate. An interlining of cotton-batting makes bottom and walls of the basket warm and soft. Ruching and bows of ribbon complete the decorations.

## THE MOTHERS' PARLIAMENT.

### A Baby's Plea.

*To the Editor of BABYHOOD :*

There is a little tow-headed chap of three years who calls me "papa." We are the best friends in the world, and yet we sometimes have our little differences. And I am sometimes surprised and rebuked by the unconscious eloquence of that dear little lad's pleadings for the rights of children, and for some consideration of their feelings and their juvenile infirmities of character. Somehow we fathers and mothers *do* forget at times that we were children once, and like-minded with these little ones of ours. The remembrance of our own little heartaches and our childish grievances seems to have gone from us.

I was cross when I went home the other night. A man had puffed the smoke of a cheap cigar into my face all the way home in the car; another fellow had munched an apple in my ear; something had gone wrong at the office, and, ten times worse than all, I fell headlong

on a slippery place before my own door in full view of all the giggling neighbors and my wife, who made me see visions of divorce courts by giggling too. I was in the raging-and-roaring-lion condition the best of men are idiotic enough to get into at times; and before I had been three minutes in the house that little boy of mine did something I had told him not to do, and I was going to punish him right then and there. But, ugly as I was, I gave the child a chance to say something in his defence.

"What *made* you do that when I told you not to?" I roared in a voice that might well have scared the life out of the boy. His pretty lips trembled for a moment, great tears came into his eyes, and, stammering and trembling, he sobbed out :

"Well, papa, I—I—well, papa, what makes *you* do naughty things ever? You're a big man, and I'm *such* a little boy."

He didn't get the least punishment. It don't seem to me at this writing that I shall ever punish him again as long as he lives. There

was such a strong and tender plea for justice and Christian forbearance in his "I'm such a little boy."

And I cannot to myself satisfactorily answer the question as to why I do the things I ought not do, unless it is because of the limitations of our human nature that make it impossible for us to lead sinless lives.

*Boston.*

ZENAS DANE.

### They Are All Very Modest.

*To the Editor of BABYHOOD :*

I see you describe one of your correspondents as a "Tichborne claimant," because she asks \$25 for the idea of amusing the baby with a paper bag, from which I infer that she didn't get the money, and feel safe in offering you the following—a much better idea—for \$50. An ink-bottle with two compartments, black and red, and a mucilage-brush, which my twenty-four-months baby secured from his paternal predecessor's writing-table, kept him quiet on the floor for twenty minutes—the longest time on (his) record—while the nurse was reading a novel. His hands, face, clothes, and the carpet were—but the rest will be forthcoming on receipt of remittance.

*Columbus, O.*

J. S.

*To the Editor of BABYHOOD :*

Please enter me on your list for the prize of \$25 for the best article on "Toys for Babies."

I have two sure ways of amusing my little ones. One is, have a hook screwed in the ceiling over the middle of the bed or crib; attach a cord to it long enough for Baby to reach, tie either a soft worsted ball to it or a knit doll, and Baby will play with it, pushing it backwards and forwards for a long time. Another way is to keep a box, and in it, from time to time as you have them, put all the pieces of ribbon or silk (bright ones are the best) you have no use for, and the little ones will play for an hour or so, pulling them out and amusing themselves with them. These are my two simple ways of keeping the little ones busy.

*Camden, N. J.*

H. C. TAYLOR.

*To the Editor of BABYHOOD :*

Please enter me on your list for the prize of \$25 to be given for the best article on "Toys for Babies."

A little molasses on Baby's finger-tips and a small feather to play with, I know from experience, will interest her for many an hour.

*Chicago, Ill.*

M. E. L.

### A Hint for Trained Nurses.

*To the Editor of BABYHOOD :*

In our large cities the system of training nurses is an excellent one. The mother is well taken care of, and the babe's physical welfare is assured.

I should like to suggest an improvement in the training of the new babe. I think trained nurses do not realize what a burden they are laying on the shoulders of inexperienced mothers, or they would be more conscientious in teaching a child good habits from the beginning. Having had some experience with trained nurses, and having conversed with other mothers on the subject, I find that the majority of nurses get the babe into the habit of being rocked to sleep. An inexperienced mother, relying upon the wisdom of a trained nurse, leaves the babe entirely in her care for three or more weeks. During that time habits are formed which, if good, greatly lessen the care of the babe; if bad, are felt for years. This is no exaggeration.

A healthy child need not be rocked to sleep; it is better for the nerves of a babe to be put down quietly. Pains should be taken in seeing that nothing disturbs the babe; in fact, judgment should be used. The results of getting the little one into good habits are helpful to a mother, and make a vast difference in her comfort and well-being and in her ability to do the very best for her little ones.

SUBSCRIBER.

*Chicago, Ill.*

### Successful Treatment of Constipation.

*To the Editor of BABYHOOD :*

Dr. Walker's article on "Constipation," in the November BABYHOOD, has been of untold value to me and my little boy of two years and a half. The little fellow has suffered agonies from what I feared had become chronic constipation. For as much as a year an injection was necessary every day to induce any movement of the bowels. At last these became entirely ineffectual, and the daily "event" was torture to both mother and child. He would scream for an hour or two at a time; perspiration would stand in great drops on his face and his teeth chatter with suffering. The physician was obliged to remove the collection several times. As he began to eat food his diet was regulated with reference to this one thing, as in other respects he was perfectly well. Medicines gave temporary relief, but periodically he would have another attack; he was not cured.

Some six months ago I commenced using the suppositories mentioned in the article referred

to. They were effectual as a general thing, but he almost never had a movement without them, and I had for some time been very anxious to discontinue them. You may realize how eagerly I read the suggestions of Dr. Walker, for our physician had pronounced it the most obstinate case he ever saw, and had just about given it up. I had tried everything—oatmeal in various forms, molasses freely, coarse breads—but I had not tried the *bran*. As soon as it could be obtained I commenced giving it to him at morning and night, and for a fortnight he has had a regular, daily, comfortable, and healthy movement without aid of suppository or other help.

I found the bran was not palatable given with the milk and bread as suggested, so mix it with his wheat-germs when cooking; and, eaten with molasses, it is quite acceptable to him. I hope many other little sufferers who are blessed with BABYHOOD may be benefited in like manner.

*Shrewsbury, Mass.*

H. A. A.

#### How to Attack an Insidious Enemy.

*To the Editor of BABYHOOD :*

Will you kindly allow me to suggest to "M" an effectual remedy for the trouble spoken of some time ago in BABYHOOD ?

"To the whites of two eggs well beaten add about one ounce of quicksilver; mix as thoroughly as possible. Clean the beds well and apply the mixture with a small brush to every crevice of crib or bedsteads; allow it to dry before the bed-clothing is replaced."

The rule, as given to me, is to use the above on St. Patrick's day. I presume that is to insure its observance some time during the month of March. I have used this for several years. My experience proves that it is a perfect preventive of that trouble, as I was greatly annoyed before using it, and spent much time and money trying to exterminate the vermin.

*Baltimore, Md.*

MRS. W. F. C.

#### Baby's Bank.

*To the Editor of BABYHOOD :*

I would like to tell "H. A. R." with what infinite pleasure I read her account of Baby's bank. I also have accumulated quite a little sum for our two tots, and, since she has asked how other mothers save for their little darlings, will tell my plans. With the birth of our older child I started a bank by laying aside ten cents each day. Once a week her papa put in twenty-five or fifty cents, according to the change in his pocket. Now that Carrie has a little brother

we continue the same plan, only every month the sum is divided and put to the credit of each. All money that has ever been given the little ones by indulgent grandmas, grandpa, aunts, and uncles has been put into their banks, and with "H. A. R." I say one would scarcely believe how much can be saved in this way, without one's missing the small sums put away. Our little Carrie, now two years old, is fortunate enough to have an account of two hundred and seventy-five dollars, while little Norman, four and one-half months old, is trying hard to catch up with sister; he has eighty dollars. Several young mothers of our little town have followed my plan; it had not occurred to me that many of BABYHOOD's mothers might be benefited thereby, and I was heartily glad that "H. A. R." thought of it. This is such a nice way for mothers to interchange views; and though oftentimes we are total strangers, BABYHOOD seems to make us feel nearer and dearer—at least, such has been my experience; and with Rip I say "May it (BABYHOOD) live long and prosper."

E. W.

*Newport, Ark.*

#### A Birthday Party.

*To the Editor of BABYHOOD :*

I have been much interested in reading several articles in BABYHOOD on children's parties, and thought I would venture to tell its readers of a birthday party my two-year-old had recently.

I asked about twenty-five children, as near the age of my wee boy as I could, from three till six o'clock. They had all come by half-past four, and the earlier arrivals had a good play with Baby's toys, which had been brought down to the drawing-room for the occasion. At half-past four I produced a good-sized fancy bag—a grab-bag—filled with fifty small and inexpensive toys, each wrapped in a paper by itself. I cannot trespass upon too much of BABYHOOD's valuable space by describing the delight of each little one on opening his or her little parcel. Some of the things were homemade, such as boys' reins, Canton-flannel animals, dressed dolls, etc., but most were bought. After the bag was empty a tray was handed round full of different colored fancy bags, nearly filled with candies, but made quite small so that they would not hold too many. By the time this was over tea was ready for them—a plain, simple tea, such as children ought only to have: bread and butter and jam, orange jelly,



floating-island, snow pudding, and such dishes ; and some plain cake and fancy biscuits completed it. There were *no creams*.

They all left about six, none the worse, I am sure, for their afternoon of fun and frolic, which I enjoyed as much as any of them. And for my own part I do not believe that such gatherings do children any harm, provided no undue excitement is brought to bear upon them and the tea furnished is plain and simple.

Our boy went to bed at his customary hour—half-past six—and took his new whip with him. He was no longer than usual dropping off into his quiet baby sleep ; and I am looking forward to having another such party on his third birthday, if we are all spared to see it.

A LOVER OF CHILDREN.

Toronto, Can.

#### Fines for Disorder—Table Decorum.

To the Editor of BABYHOOD :

In these days, when caps, mittens, and over-shoes are in such constant use, it is very hard to be orderly, so our little folks have established a pound into which all stray articles are put, and are only redeemed by the owner paying a penny. The money is sent to the Foundlings' Home. There is great rejoicing when the elders have to pay their penny.

We have also been trying a very simple little rule at table, and find our manners so much improved we venture to suggest it to other eager boys and girls.

No one at the table is to *ask* for anything, but is at liberty to *offer* to another. At the end of the meal each one tells what he has gone without. After a few times, the children grew attentive to each other, ate slower, and had pleasant little jokes together.

Whenever we forget and fall back into the old way we notice the confusion at once.

Agricultural College, Mich.

F. L. R.

#### Painful Processes Rendered Pleasant.

To the Editor of BABYHOOD :

Did a "Memphis Mother" ever try the same plan for cutting finger-nails as for washing hands? I have, with perfect success. My little daughter was always so restless I feared to cut her nails unless she was asleep, and then generally forgot it, until one day, when I took hold of her finger, I began : "This little nail said he wouldn't be cut, but the scissors came along and said. 'Yes, you will,' and off went the nail (which went off as I spoke) ; and this nail said,

'I'm going to be good and get cut nicely,' and so it did ; and next one thought it would hide, but the scissors found and snipped it off, too" ; and after the first she would hold out each finger as I came to it, and keep quite still, and so the cutting was got over without difficulty, and was an untold relief to me.

I have been telling that story with variations for nearly eight years, and though, of course, not necessary with so large a child, she still enjoys it. I have another that used to be told me by my mother for every hair-combing process, and there must be magic in it, for the tangles straighten wonderfully under its influence.

I begin with the name of the child who lives furthest from us, something like this : "Last night the witches thought they'd have some fun ; so they rode on their broomsticks till they came to Annie's house, and her hair is so long and curly they had a good game of hide-and-seek in it, and, of course, they tangled it dreadfully ; so her mother will probably have some trouble this morning to get it smoothed again. And then they went to Katharine's, but her hair is so short they soon came away" ; and so on until, as I am about through, I finish up with what they did in the head before me. The children I tell of are all bona-fide playmates of my own child, which serves to make the recital more interesting.

York, Pa.

I. W. M.

#### Babies at Public Meetings.

To the Editor of BABYHOOD :

I would like to say a word (and would be glad if you would say another) on the impropriety of parents taking young children to public meetings and assemblies not especially intended for little folks ; and, lest I should say too much, I will just give you an experience of mine last summer.

I then attended an out-door meeting of considerable interest and importance, where several prominent gentlemen were to speak, and, being awarded a seat near the platform, settled myself for an afternoon's enjoyment. But I "reckoned without my host," for a short distance from me sat a lady with a child of about two and a half years ; directly behind her was a boy of about the same age ; while a few seats further back was a babe of perhaps fifteen months. The day was warm and the large audience was for the most part unshaded except by umbrellas, so it is not surprising that these children were soon hot, tired, and restless. The little one nearest me was an incessant



talker, and all her mother's commands added to the black looks of the persons within ear-shot did not serve to still the tongue which prattled on unweariedly. Presently the boy began. He was "tired" and wanted "to go home"; and the poor baby joined in the chorus, fretted and fussed, was handed from mother to father and back again, promised unlimited supplies of cake and ice-cream if she would be "good," but without avail, until at last the pitiful whine degenerated into a regular scream and baby was carried off in papa's arms with, "Come, get a 'nana," and the mamma's stage whisper following them, "Don't think of giving her one." By this time the services were nearly over. I had strained every nerve in my effort to hear, and heard only enough to tell me what I was missing; while the annoyed faces around and the comments I heard as I passed out told plainly enough what others besides myself had experienced. Now, why could not these children have been left at home; or, if there was no one with whom they could be safely left, would it not have been better, more considerate at least, for the mothers to have also stayed at home than to have spoiled the afternoon's pleasure of a number of people? And surely parents cannot feel very comfortable in seeing their little ones a source of trouble and annoyance to their neighbors, whether they be friends or strangers. I.

*Pennsylvania.*

#### Not Jealousy, but Imitation.

*To the Editor of BABYHOOD:*

I am one of the admirers of *BABYHOOD*, and as a rule I heartily endorse all ideas expressed in your journal. This, however, I cannot tell about certain sentences in the article, "The First Three Years of Childhood," published in a recent issue. I think it is wrong, and might mislead some young mothers, to call the natural instinct of imitation in children "the instinct of jealousy." I refer to these lines:

"The instinct of jealousy is sometimes shown very early. One boy of fifteen months was very unhappy if his father and mother kissed each other in his presence; he would scold and push his father away. This baby always wanted anything that he saw any one have; if in the kitchen, he must have a knife and pretend to be at work with the parings of the vegetables; if his elder brother were writing, he must have some paper and a pen, and he fancied that he could write. Once he grave-

ly asked for his father's razor, that he too might shave."

The mentioned facts could be more correctly explained by the theory of imitation. The imitation is a positive quality, while the jealousy is a negative one, and one must not be mixed with another.

I will give some illustrations of my own observation.

My little girl, being not yet two years old, always smiled when I or my husband used to kiss or caress our bigger children, and yet she always wanted to do whatever others did. Before two years she wanted to sew whenever I was sewing. Whenever the children used to paint she had to sit at the same table and also paint. She had to write whenever they were writing. She always helped me to peel potatoes before two years old, but with a broken clothes-pin for a knife, patiently trying to get the peels off. In a word, whatever one did she had to do, and now that she is near five she washes, prepares dinner, is sewing and doing everything I do. She has remained the same, with the difference only that I now have to help her to make things which she likes to have; and I help in whatever way I can, for I look upon imitation as a natural tendency.

A RUSSIAN MOTHER.

*Brooklyn, N. Y.*

#### The Unsuspected Dangers of Phimosis.

*To the Editor of BABYHOOD:*

I have read your magazine attentively for nine months past, and would like to add my voice to "K. G. B.'s" in a recent number as to the danger of phimosis. My boy of three years has just undergone an operation for that. I had a good physician and good nurse when he was born, but neither told me of the possibility of such a thing, and in my boy's case it must have existed from the very first. It could have been corrected then with little or no difficulty and very little suffering; his health has always been perfect, but the physician I now have tells me that had it gone on another year the consequences would have been most serious. I wish every woman in the land who has a boy-baby would see at once that he is just right. It may be the means of saving him a world of pain, nervous and physical; and the agony it was to me—the mother—to feel that it was by my neglect he was made to suffer so dreadfully no words can describe.

N. R. P.

*Brooklyn, N. Y.*

## THE KINDERGARTEN AT HOME.

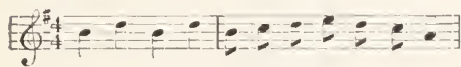
BY GRACE C. KEMPTON.

## V.

## CLAY MODELLING AND THE THIRD GIFT.

"Come forth into the light of things;  
Let nature be your teacher."

AS the child progresses in intelligence and manual skill there is an almost unlimited field for amusement and use to be found in the clay modelling spoken of in the last number. This occupation is connected with all the gifts, but particularly with the first and second. Its connection with the ball has been referred to. The next fundamental form to be accomplished is the cube. Having made a ball, the cube is developed by gentle pats of the ball on the table, first flattening a side for the top, then for the base and sides. It will be more attractive if the patting is done simultaneously and in time to some simple tune. The same tune used for "roll the clay" may be sung, changing the words to "pat the clay"; or this little rhyme may be sung:



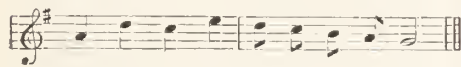
Pat, pat, pat, pat, Pat-ting all so mer-ri-ly;



Pat, pat, pat, pat, Pat ting all so cheer-i-ly;



Pat, pat, pat, pat, Pat-ting all so stead-i-ly;



Pat, pat, pat, pat, Pat-ting all as one.

The idea of introducing little tunes and rhymes as often as practicable is one which shows most exquisitely Froebel's appreciation of child-nature. Although there are many children who have "not ear enough" to sing much, there are few with hearing so undeveloped that they do not respond to the pleasure of working to the rhythm and cheerful sound of these little tunes. It gives to their work an inspiration and life which fascinates them.

When the edges and corners of the cube are first apparent, which is not until after quite a series of pittings, the interest of the modellers becomes very warm. Whether mamma or mamma's little son can make the sharpest edges, all of the same length, and the truest corners are exciting matters. Often comparing the clay cube with the wooden one stimulates the endeavor and keeps a good ideal before the child's mind. Several lessons may be required before even a fairly good cube is accomplished; but by varying the lesson sufficiently, making the work first martial (done to count and commands), then free (done at will, merely keeping the mind intent on the object in view), and by talks upon the cube-forms in the room, the house, or the world, the interest will not flag nor the children grow weary.

When a good cube is made, it, or one made for the purpose, may be changed into some form only a little removed from the cube. A box may be represented by indenting a line with a pin to indicate the cover, then pricking the key-hole; a tea-box (by older children) by marking the margin about each side, then delicately pencilling with the pin the Chinese marks seen upon these boxes. A small lump of clay may be added at the top and moulded into a roof, changing the cube into a bird's-house, to which the windows and doors may be added by the use of the pin. Tiny birds can easily be rolled out and the whole work mounted upon one of the second-gift poles. For convenience and safety the pin should be fixed in a small wooden handle, when it becomes a very useful little tool.

A "real" box may be made by hollowing the cube with a clay-knife or finger, then making it complete by adding a cover flattened out of a small piece of clay and cut to fit. A tiny knob stuck upon the middle of the cover answers for a handle, and, if neatly done, the result is quite like a little box or square jar.

Books, trunks, square bags, foot-stools, chairs, chimneys, and innumerable common articles may be evolved from the cube-form. When good cubes can be made, and the child has progressed to the third gift, he may make the gift itself—

not by making eight one-inch cubes, for the impression of unity would be ruined, and the opportunity lost for the child to discover and elucidate to himself the three divisions which change the two-inch cube into eight one-inch cubes. He must first make the two-inch cube, and, after carefully finding the middle point of each of the six edges, cut it himself through each of its dimensions with a strong thread held in both hands. He will then be pleased to build the

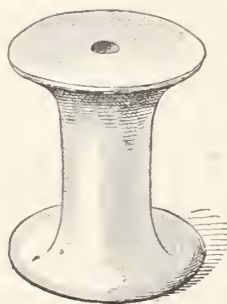
form fingers, the flattened thumb, legs, arms, trunks of trees, half trunks, etc., with talks of the bark, the wood, and the pith accompanying the work.

As progress overcomes the difficulties in accomplishing simple objects more intricate ones may be attempted, always tracing the construction to one of three fundamental forms, that the work of classification by form may continue intelligently and uninterruptedly. In

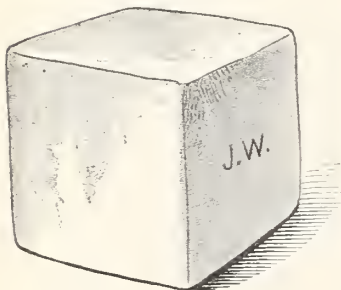
many cases through this work a talent for modelling has been discovered which might have lain dormant for years. In other cases, where there was no talent, a better appreciation of form and greater dexterity of hand are attained.



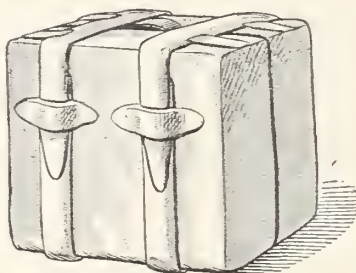
A



B



C



D

Clay work drawn from models made by children in Mrs. N. C. Sweetser's Kindergarten, West Newton, Mass.—A, Bird and Nest, made from the Ball; B, Spool, from the Cylinder; C, Unfinished Cube; D, Valise, made from the Cube.

forms of life with which he has become familiar, using the cube of his own manufacture.

The cylinder must now be brought from the ball form by patting to bring the two flat faces and rolling for the rounded face. This is quite as difficult to accomplish as the cube, and needs, perhaps, more criticism and encouragement. To succeed in giving the two flat faces sharp, round edges takes a little patience and perseverance; but the result is very pleasing, and the objects which can be made from the cylinder are many and simple, and will reward the small sculptor for his pains. Select, first, forms from nature. To make these is much easier with cylinder and sphere than with the cube. From the cylinder

#### FORMS OF BEAUTY.

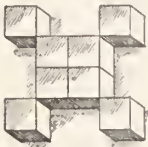
The forms of beauty made from the third gift are like the forms of life in short series from the cube back to the cube. The law of opposites is the one great guide which makes every production result in a symmetrical figure. A first and simple series, after the inches and half-inches are un-

derstood, is according to the following directions:

1. Touch the right-hand upper front block; place it on the table at the right, touching edges with the right-hand lower front block.
2. Touch the left-hand upper back block; place it on the table at the left, touching edges with the left-hand lower back block.
3. Touch the right-hand upper back block; place it on the table at the right, touching edges with the right-hand lower back block.
4. Touch the left-hand upper front block; place it on the table at the left, touching edges with the left-hand lower front block. The first form of beauty is then finished.

1. Move the right-hand front block one-half inch up.
2. Move the left-hand back block one-half inch down.
3. Move the left-hand front block one-half inch to the right.
4. Move the right-hand back block one-half inch to the left, and the second form of beauty is completed.

1. Move the right-hand back block half an inch to the left.
2. Move the left-hand front block half an inch to the right.
3. Move the right-hand front block half an inch up.
4. Move the left-hand back block half an inch down, and the third form of beauty is completed.



FORM 1.



FORM 2.

1. Move the right-hand block half an inch up.
2. Move the left-hand block half an inch down.
3. Move the front block half an inch to the right.

4. Move the back block half an inch to the left, and the fourth form of beauty is completed.

Move the right-hand block half an inch up, left-hand block half an inch down, back block half an inch to the left, front block half an inch to the right, and the fifth form of beauty is finished. Advanced children may be led to recognize that this is the simple opposite of the third form.

Move the front block one inch to the right, back block one inch to the left, right-hand block one inch up, left-hand block one inch down, and we have returned to our first position, from which form the cube may easily be regained in this way :

1. Touch the four outside cubes, using the right hand for the right-hand side, left hand for the left-hand side.

2. Touch the four inside cubes.

3. Place the right-hand front outside cube upon the right-hand front inside cube.



FORM 3.



FORM 4.

4. Place the left hand back outside cube upon the left-hand back inside cube.

5. Place the right-hand back outside cube upon the right-hand back inside cube.

6. Place the left-hand front outside cube upon the left-hand front inside cube.

Let us review the terms we have used and see how carefully we should proceed to initiate the children into the intelligent use of them.

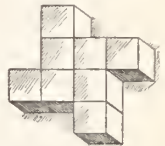
TABLE OF TERMS.

Right,	Upper,
Left,	Lower,
Back,	Inside,
Front,	Outside.

The complications arise principally from the combination of two or more. For this reason we must advance very slowly.

A good way of testing their understanding is to occasionally require the next step to be directed by one of the children themselves. What the next step is will readily be seen if the law of opposites has become to them what it should have become.

The capacity for designing is developed through this use of the third gift, and power to appreciate elements of design in furniture, interior decorations, etc., follows if the children receive the necessary encouragement and suggestive teaching in regard to it.



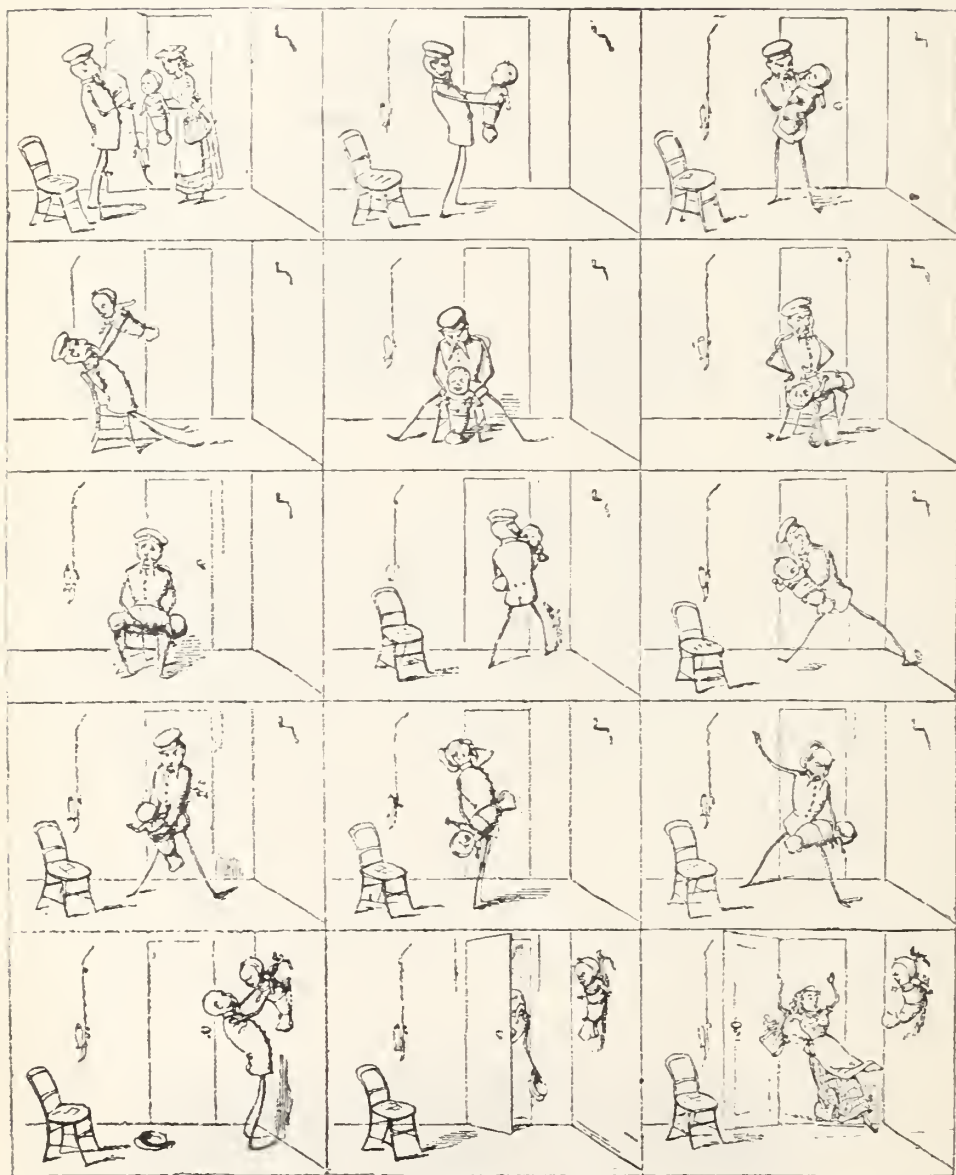
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## THE SOLDIER FATHER AS A NURSE.

[German Paper.]



A DRAMA IN FIFTEEN ACTS.

# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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VOL. III.

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THE sudden appearance of small-pox in this city and Brooklyn again calls attention not only to the evasion of the laws regarding compulsory vaccination by the ignorant classes, but to the singular prejudice against vaccination still surviving among otherwise well-informed persons. It is difficult to account for this on any other theory than that the almost complete immunity from small-pox which the civilized world of to-day enjoys has caused it to forget what were the ravages of that plague a hundred years ago. The objections to vaccination have been often urged and again and again met. An apparent failure of vaccination to protect is invariably due to neglect of secondary operations; and as to the often-expressed dread of the introduction of scrofula and consumption into the system through vaccination, there is no evidence whatever in support of the assumption. Of course the virus must be properly chosen and applied by a physician, most of the disasters in vaccination following the operations of non-medical persons. Generally speaking, a child is never too young to be vaccinated if there be danger of an exposure to small-pox, and it is better that the operation be performed before the teething period begins. When the child is six weeks old, it is time to consider the question seriously.

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"You get a butcher-knife, and you come creeping along, and I'll play asleep"—the rest of the conversation between two good-looking small boys in the street the other day was lost in the distance; but it can well

be imagined, and traced with small chance of mistake to some cheap, trashy novel, which, however, the boys were hardly old enough to have read themselves. Was it the nurse? Possibly; anyway, it is a point worth considering. The average nurse-girl is an eager devourer of light literature. Sometimes it may be light and harmless, but more often it is light and harmful filling the minds of the girls with most unwholesome horrors, and utterly unfitting them for the cheeriness which should be the atmosphere of the nursery. Let us then see that the nursery book-shelves (and we hope they exist) have not only books for the children, but good, wholesome, interesting stories for the nurses, suited to their taste and capacity. We don't mean "goody" stories, but natural and simple, and such as do not unfit one for the daily virtues and duties of life. We can often, by a little oversight and some talk about their reading, direct and improve the taste of almost any of those less used to books than ourselves. Let us consider that, in leading our nurse-girls to good literature, we are helping to save our children from the contamination of the vile trash that might otherwise find its way into our homes, thus accomplishing a double good.

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The annual report of the Superintendent of the Bureau of Vital Statistics of New York City for 1886 presents many interesting features. During the year there were recorded 31,319 births and 37,351 deaths in this city, showing an increase of 1,289 births and 1,669 deaths over the previous year.

Of these the deaths due to zymotic or "filth diseases" numbered 9,660. These are, in general, the infectious diseases, and arising, as it is now generally acknowledged that they do, from the multiplication of living organisms, the result of unhygienic conditions, this mortality must be considered preventable. There were 668 deaths from measles and its sequelæ, 1,727 from diphtheria, 371 from scarlatina, 325 from typhoid and 14 from typhus fever. Of the total number of deaths, more than two-fifths were of children under five years of age—a most significant record. What does this not tell of insufficient food, poor in quality; ill-ventilated rooms, or rooms with no ventilation at all; the herding together of families, and the pestilential atmosphere common to these conditions! This percentage, always high, and necessarily so, perhaps, from the crowding incidental to so cosmopolitan a city as our own, especially among the poor, is not so high as it often is; this fact is probably due to an exceptionally mild summer in 1886. The mortality is much too large, however, and it is greatly to be regretted that efficient supervision of the more populous sections of the city by the Board of Health was crippled in the past year by an ill-advised reduction in most necessary appropriations.

The influence of overcrowding upon the death-rate is shown in the report above referred to by the fact that, while 7,824 deaths occurred in houses containing less than four families, 21,454 deaths occurred where more than four families were housed in one building—*i. e.*, nearly three times as many. The total is, of course, influenced by the larger number of individuals concerned in the latter case; but mortality has evidently increased with the crowding over and above this excess. And inasmuch as this tendency to aggregate in herds preponderates among our foreign-born element, it is not strange that the largest mortality should be found among their children.

But how can the consideration of such statistics have any practical value for the

readers of this journal? BABYHOOD circulates mainly among the intelligent and well-to-do, and seldom or never reaches the classes whose neglect of the ordinary axioms of hygiene brings about this large death-rate, whether that neglect be due to indifference, ignorance, or poverty. It is only one of the many proofs that enlightenment and improvement must come largely by personal influence and individual missionary work. No father or mother whose heart is warmed by the intelligently-directed study of his or her own child, and who has, and is able to appreciate, the advantage of the various modern aids to such study, can ignore the responsibility for using that advantage for the benefit of others as opportunity may offer. The influence of one thrifty family often leavens a whole community of shiftless ones—not suddenly, of course, but gradually and surely; and instances can doubtless be called to mind by almost any reader where the result of careful and conscientious skill in nursery regimen shows itself so unmistakably in the lives of the little ones of a single family that neighbors, previously indifferent, are only too glad to recognize and act upon the methods employed. Only a fraction of BABYHOOD'S mission will ever be accomplished if its influence stops with its subscribers. If, therefore, we occasionally allude to matters which are subjects of public policy rather than of private interest, it will be to suggest the privilege, always with us, of supplementing the more general work of public officials by individual effort. We may do much for the vast army of helpless little ones who must look to others than their parents for whatever of comfort and cheer they are likely to have as children, to say nothing of the responsibility which belongs to us all to influence the part they are to play in coming years as citizens—the peers of our own loved ones when we shall have passed from the stage.

Much of ease and happiness is gained to both child and mother when it is once an established fact that yes means *yes* and no means *no*. Children, in making their little re-

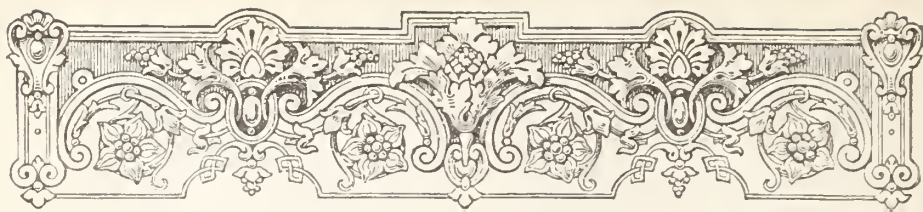
quests, do not tease for the pleasure of teasing. They will not form the habit, or, if formed, will not long keep it up without some reasonable hope of success. It is best to think a moment before refusing a request; to try to put ourselves in the children's place, and realize what the wish is to them. Their plays, their little treasures of toys, picture-books, and even rubbish, their trifling pleasures, as we call them, make the children's world. Let no needless denial spoil its fairyland; they pass through it but once. Let us be sure which it is that prompts a refusal, their good or our own selfish convenience; that the granting of a request is inconvenient is not a sufficient reason for a refusal. But if the boy wants to go out to play in a chilly wind or drizzle, or when he already has a slight cold, let no amount of urging cause us to waver. When he asks for dainties which we know do not agree with him, or pleads to sit up late, let us beware how we yield the point "for just this once." This once, in small things and great, is the "beginning of sorrow." The refusal should always be gentle; there is no need of adding to the pain of disappointment by any harshness of expression; only let it be decided. It is usually well to give the reason; not invariably, lest our children come to demand it as a right; and not always at the time, because a strong desire to do or have a certain thing obscures their mental vision, as it does our own. Rarely, after the first feeling is over, will they continue unreasonable. It is best they should know we were actuated not by selfish caprice, but by judgment and love.

Mistakes, in granting or refusing our little ones' requests, may occur; the careful thought before the spoken word will usually prevent such. But it does not weaken our authority to acknowledge a mistake to a child, nor lessen his respect; rather the contrary. Even little children reverence truth and justice in those who control them. And the acknowledgment of a mistake, besides soothing their feelings and removing all sense of injustice (no small gain), has sometimes

proved a valuable lesson in integrity, and been remembered with gratitude in after-years. In rare instances it may be well even to retract a decision based upon wrong premises, one-sided information, and the like. But this should be explained to the child, and is very different from a weak yielding, contrary to our judgment, and because we are worn out with importunity—the very thing we need to avoid, and which the little one quickly sees and as readily turns to advantage next time. When we *can* say yes, let us say it promptly, cheerfully, gladly; a pleasure thus granted is doubled.

We have been accustomed to keeping *BABYHOOD* on file, in a reading-case—adding each current number as issued—in the cabins of the principal steamboats running to and from this city, believing that it would be acceptable to many passengers who have a spare hour, and, incidentally, having an eye to possible subscriptions, thus performing a good service for mothers, fathers, babies, and ourselves all at the same time. Now comes a correspondent stating that he is a regular traveller on one of the Sound steamers, and has become so accustomed to poring over the volume that he is greatly annoyed to find it missing every now and then; and he asks what becomes of it. This is a problem that has already proved too abstruse for us; we can only continue to renew a volume as soon as we learn one has been stolen. On most of the boats there is also a Bible, which in some cases has, to our personal knowledge, been in the same place for many years. A Western reader lately said, in renewing his subscription, that next to the Bible he put his trust in *BABYHOOD*; but there is some unknown party whose preference is evidently the other way. This would be a high compliment to *BABYHOOD* if this studious reader's conduct did not reveal a melancholy lack of acquaintance with some of the first principles contained in the other volume. Let us hope that when this paragraph meets his eye his conscience will impel him to resolve on next time taking the Bible and leaving *BABYHOOD* where it belongs.





## SELF-CONSCIOUSNESS IN CHILDREN.

BY CHRISTINE LADD FRANKLIN.

ASIDE from the development of purely moral qualities in a child, probably the most important thing the mother can do for him is to keep down the growth of self-consciousness. Doubtless there is no moral defect which is so keen a source of unhappiness to its possessor as is the habit of always thinking of himself when he is conversing with other people, and hence of being incapable of taking a real and unfeigned interest in the subject of conversation. A grown person who has ever observed himself attentively knows very well what is the one and only way of getting himself out of his self-conscious frame of mind; it is for the conversation to become so interesting that he is actually absorbed in it, and has for the moment no attention left to bestow upon his infortunate self.

And this is the secret of preventing the development of the obnoxious quality in children. If they are left to stand idly in the room and see themselves looked at and talked about when there are visitors present, they have nothing left to do but to think of themselves and of the impression they are making. I know a mother who, when her little girl of two is to be taken down to the parlor to receive callers, takes her favorite picture-book with her. The pictures form an interesting subject of conversation between the baby and the guest; the guest is not obliged to say the foolish and inane things which are sometimes all she can think of, and the baby has eyes and thoughts fully occupied in imparting its little pleasures to a sympathetic listener. The ways of children are much more charming and

interesting when they are natural and unrestrained, and both guest and baby end by having had a very pleasant visit.

To make a child show off his little accomplishments the moment a stranger comes into the room is a very hazardous thing to do, from the point of view which we are considering. We should all of us soon become sorry prigs if we accustomed ourselves to exhibiting our latest acquirements every time some one appeared who was not acquainted with them. The temptation is almost too great a one, it is true, to ask the happy papa and mamma to resist. That a baby who a few months ago could hardly speak at all should now be able to repeat rhyme after rhyme of the classic Mother Goose is certainly a very wonderful thing, and it is very hard for the happy parents to realize that it is a miracle which has taken place sooner or later with every sometime baby in the land. But if the little songs must be repeated for company, it makes a great difference with what motive the child is led to go through with them. If you say to him, "Wouldn't you like to tell this lady about the poor little pussy-cat who fell into the well?" it may happen that we can get it out without having any other feeling aroused than one of friendly human sympathy. But if you say, "Come and let this lady see how well you can say Tom, Tom, the Piper's Son," you give him a distinct and too easily learned lesson in vanity and self-consciousness. It is not that he is never to be accustomed to hearing himself praised for his new acquisitions, but the warm and loving gladness which his mother shows him, because he

has done something to-day which he had not the strength to do yesterday, is a very different thing from the simulated wonder of the stranger at a mark of childish precocity.

This is merely to say that the footing on which he enters society should be the same as that which has been found to be most desirable for older persons; his motive should be to give pleasure, and not to get praise. It is an innocent illusion on his part that the visitor is really interested in knowing how his toys work and what his doggie has been doing, and it is an illusion without the like of which on everybody's part society would soon cease to exist.

It is, of course, not a bit better to describe to the guest the extraordinary things the child is capable of doing while he listens than it is to let him show them off for himself. One should have at least as much tender regard for his modesty as one has for what is left of that quality in a grown person. When the lady and the baby are to be entertained together, the lady is a far better subject of conversation than the baby. Tell him about the little children she has got at home, or the dogs and cats she knows, or the places she has seen; let him feel her satins and her furs, and then send him out of the room while you dilate at your pleasure and in his absence on all his wonderful ways of doing things.

Another way to make children self-conscious is to let them expect always to be re-proved as soon as the visitor is gone for what they did while she was present. Chil-

dren should be taught to be uniformly polite and considerate, but the necessary re-proving should be done upon every-day occasions, and not for the purpose of producing company manners. It is incomparably better that the child should be a little rude and disobliging than that his manners should lose the great charm of naturalness. The writer well remembers how grieved and discouraged she felt when she had given a visitor what she thought was a very interesting piece of information—namely, that the necklace her little sister wore had once belonged to her—and found herself taken to task afterwards for having exposed the family scarcity in necklaces. Doubtless there are many persons who can remember having had a feeling of surprise when on the departure of a guest the conversation turned upon his faults instead of upon those of the children. Much praise or blame are not in any way very good for children. It is best to lead them unconsciously to form the habit of doing the things that are right rather than to be for ever talking about them.

There is no reason why the child should not like to be liked and even admired by his mother's friends. The approval of the people around us is one of the strongest motives to actions of a higher order than those we are inclined to, and it is a perfectly legitimate one. But admiration, like happiness, is something which is the more easily obtained if it is not made the direct object of our striving.

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## THE CHILD'S BATH IN HEALTH AND ILLNESS.

BY LEROY M. VALE, M.D.

IT would seem unnecessary to say that the child's bath in health is, with rare exceptions, simply intended for toilet purposes. But the frequency of the inquiries which reach *BABYHOOD* as to its details, how long it should be continued, when discontinued as a regular thing, etc., certainly suggests that in the minds of the inquirers the bath had some

further purpose or meaning. Of course an intelligent attention to toilet becomes a potent hygienic aid; but it should not be carried out as a blind routine. Tidiness being the only purpose of the bath, it is not important in itself just how the bath is given. For instance, *BABYHOOD* has frequently insisted that the immersion of the infant is

not necessarily a part of a bath, only a convenient accessory. The usual method, we presume, is this: to quickly sponge the child's face, neck, armpits, groin, and seat—in short, all parts which by reason of folds of skin are likely to harbor the accumulations of skin secretions or any other undesirable matters—and then to place the child, with its head supported, in a bath, containing enough water to cover its body, simply long enough to rinse off the surface. This rinsing may be easily accomplished in from half a minute to a minute, and the child is at once lifted out and enveloped in a bath-blanket on the bather's knees, and dried partly in it and partly with a soft towel, the skin, of course, being treated with the greatest gentleness.

This is simple enough, and for a well child good enough; but under various circumstances it is advisable to vary the routine. The sponging, at least of the face and neck and of the parts covered by a child's napkin, can hardly be dispensed with unless in cases of extreme weakness. In such cases, by previously anointing the skin creases with vaseline, the skin can be wiped pretty clean with absorbent cotton or a soft cloth, only a part of the body being uncovered at once. The latter precaution (of uncovering part by part) also saves fatigue and chill if employed when a bath is used. Again, the sponging may be made as brief as is consistent with cleanliness when the child is of the nervous and impatient variety that "hates to be fussed over," or when, as sometimes happens from various maladies, the child is sensitive to handling.

The bath for immersion should have a temperature not far from that of the body (98.6 degrees F.)—say 100 degrees F. If sponging alone is employed 90 to 95 degrees will be warm enough for a strong baby. The bath thermometer, set in a stout wooden frame for security, is a very great convenience, but if it is not at hand the most accurate ready method we know of is that sometimes employed by nurses, of immersing the elbow of the bared arm in the water. The elbow is much more sensitive to heat and cold than

the hand, which is accustomed to changes of temperature. When the temperature is carefully arranged and the immersion is very brief it can hardly injure any child. If the water is too cold or too hot it may prove exhausting, especially if the rinsing be too long, or if the shock alarms the child. If a child is feeble of course extra precautions should be taken, and the immersion may be omitted altogether and sponging with the careful drying, part by part, before alluded to may be substituted.

#### IS IT FOR BABIES ONLY?

A question often heard is: "When ought the daily bath to be stopped, and is it not weakening if continued?" As to the weakening, answer has already been made to the effect that, inasmuch as the child is, or should be, continually growing stronger, it is hard to see why a bath that is generally considered desirable from birth to six months should be injurious at twelve months. As to the discontinuance of the daily bath, there seems to be but one answer. If the position taken, that the bath is for toilet only, and beneficial only because cleanliness is wholesome, is a sound one, then it follows that the bath is always useful in health; but it may be diminished, if convenience demands it, in proportion as the child loses something of the infantile sensitiveness to skin irritation and as it gains in sense as regards keeping itself tidy; or, to be specific, when it no longer soils or wets its napkins and no longer soils itself or its clothing with saliva, rejected food, or the like. But granted good health, it is hard to see any reason why a bath, properly given, should not be useful throughout childhood as well as in infancy and adult life. And this is said without any of that fetiche-worship that makes the daily bath a religious duty irrespective of health or circumstances. It would surprise many of our readers to know how recent is the general use of daily bathing; and if we rightly interpret some remarks in a medical work of about the beginning of this century, babies were not usually bathed after the first washing that followed their birth.

When, however, it is said that the bath may be indefinitely continued, it is not intended that the bath should always have the same temperature or duration. It is assumed that a bath is given to a child always in a well-warmed room, or near a fire, with the draughts effectually shut off. Under such circumstances, if the baby be well, after a few weeks or months its sponge-bath may gradually be reduced in temperature; and if the feet be kept quite warm, either by the fire or by immersion in warm water, quite cool water may be safely used after a few months. This cooling must not be carried to excess nor be too sudden, but should go on, little by little, its effects being constantly noted with care; and there is no need of haste in reducing the temperature, especially in cold weather. The suggestions later on as to baths in sickness will be a guide as to the degree of cooling of the water that is advisable for bathing a well child.

#### VARIOUS BATHS.

Before speaking of the use of baths in sickness, it will be well to mention that the descriptive terms "hot," "cold," "warm," etc., have, to medical men, a definite signification as to temperature, which should be borne in mind, because errors arise from the physicians presuming that the mother understands exactly what is meant. It is far safer that the temperature desired should be specified. Technically, baths have been divided into hot, warm, tepid, temperate, cool, and cold; but in this country some of these terms are rarely used, and the others are made to cover a correspondingly wider range. Thus the *cold* bath is any bath having a temperature below 70 degrees F.; anything below 50 degrees being sometimes called, for distinction's sake, *very cold*. The *tepid* bath ranges from 85 to 95 degrees, the *warm* bath from 95 to about 102 degrees, and the *hot* bath from 102 to 110 degrees. These temperatures vary from the strict figures of continental works, but are near the usual ones of this country. The interval between the tepid and the cold baths—*i.e.*, from 70 to 85 degrees—corresponds nearly

with the *temperate* bath of the French books, and is the bath generally used by adults for toilet purposes, although strong persons often prefer cooler water.

The constitutional effects of baths vary with the temperature. Cold, as is well known, if it does not exceed the resisting power of the person, is a tonic, producing increased tissue changes and consequent increased nutrition. The cold bath shares this strengthening power. But if the cold be too great or too long in its application the exhilarating "reaction" does not take place fully or at all; the result is fatigue, exhaustion, or even severe prostration. The cold bath, moreover, has curative value under some circumstances due to its shock. The shower bath, the douche, and a variety of baths in which a current of water is used are exaggerations of the cold bath inasmuch as the cold and the shock are combined; and the same is true of the sea-bath.

The warm bath, on the contrary, is not tonic, but relaxing. It produces a fulness and increased color of the skin due to the greater amount of blood brought to it. A warm bath is at first agreeable, but, if prolonged, enervating. The hot bath produces like results, but in a higher degree; and if the temperature be near 110 degrees it can be borne but a short time without causing excited action of the heart and other disagreeable symptoms. These, in a few words, are the principal effects of hot and cold baths, and from them their remedial uses may be inferred.

#### THE COLD BATH.

in all its varieties, is chiefly used as a tonic, and its use for children who are feeble is quite extensive. It seems unnecessary to insist that, as the bath is used to strengthen the little patient, it should under no circumstances be used in such a way as to depress. Assuming this, we may mention some of the conditions under which it is likely to prove beneficial. Children who have a sluggish circulation, with poor appetite and feeble digestion, are often markedly benefited by systematic cold bathing. So also are children who are constantly "taking



cold" and children suffering from rickets, which, as BABYHOOD has often pointed out, is a disease of faulty nutrition. Furthermore, in some kinds of nervous ailments, such as St. Vitus's dance (chorea), as also the peculiar crouching croup, seen most frequently in rickety children, cold bathing is useful, but in these instances it should not be used without medical sanction.

Just how the bath should be given will depend upon circumstances. If the child is not an infant, and is of that type of which we say the circulation and its overfunctions are rather torpid than feeble, a quick dip into cold water may be judiciously used, and may produce the desired glow of reaction. Showering, douching, and the like should never be used without medical advice, and even the cold dip above alluded to should not be used without such advice unless the parent is clear as to its advisability. The most available and beneficial method of employing the cold bath for children, therefore, is by sponging. Very young children should not be treated by cold baths at all, unless they be especially ordered; but an older infant or a young child may be sponged, on rising, with safety and advantage if the room is quite warm or if it be placed before the fire. The sponge can be then rapidly passed over one part after another, omitting the face, neck, hands, and feet, for a couple of minutes. (The time may be increased to five as the child becomes accustomed to the bath.) The child is then dried carefully with a soft towel and gently rubbed. The large, soft towels, which may completely envelop the child at once, are convenient, and the friction can be made by rubbing the hand over the towel. If the child is feeble his feet may be put toward the fire during the bath, or he may stand in a tub of warm water. Children who are inordinately timid, and who cry violently at the use of cold water, are often managed by beginning with tepid water, which is gradually cooled by adding cold water at each dipping of the sponge, until the temperature is as low as desired. This gradual change diminishes the shock.

There are, however, instances where the

shock is what is especially desired; but these need not be here detailed, as the responsibility of using such baths ought not to be taken by the parent without previous instruction.

#### THE WARM BATH

is used remedially mainly for two purposes: to bring blood to the surface and to relax spasm.

It is the former purpose that leads to the use of the general warm bath or the foot-bath in a multitude of instances. If, for example, there is headache and presumably the brain is fuller of blood than usual, the solicitation of a flow of blood to the extremities by the heat of the bath will tend to relieve this fulness, and thus at once to relieve pain and to promote sleep.

In a similar way the hot bath relieves many ailments which are attended by, and perhaps dependent upon, the presence of too much blood in—*i.e.*, the congestion of—some internal organ. This also explains why the hot bath is useful "to bring out," as the popular phrase is, the eruption in the eruptive fevers, such as measles or scarlatina. This is not to be interpreted as it sometimes is—namely, that the eruption is literally "driven in," and is to be bodily brought back again. What should be understood is, practically, this: Some circumstance—possibly a chilling of the surface—has caused an internal congestion, with corresponding increase of the severity of symptoms. As a general rule, when such congestions take place superficial manifestations of the disease (notably eruptions) diminish. If by heat the blood can be again brought to the surface the internal congestion will probably be relieved and the skin symptoms reappear. The "driving in" did not cause the internal trouble, but the latter called in, one may say, the eruption.

The power of hot water to relax muscular spasm explains its value in a number of ailments, such as muscular cramps, common colic, in which latter ailment the effects of heat may be continued by the use of hot bottles, bags of hot salt, or similar familiar domestic devices. It is chiefly for this reason also that the hot bath has been so uni-

versally used for the convulsions of children. It is not to be expected that the bath will check convulsions if their real cause is still present and active; but it is not unreasonable to anticipate that by its relaxing influence on the muscular system the warm bath will mitigate the severity of the seizures until more radical measures can be instituted. Inasmuch as the use of the bath has not been known to do harm, experienced practitioners recommend its use, because in a certain proportion of cases it certainly does good; and it is a very great comfort to the mother waiting for the physician to have at her hand a resource which she feels may relieve, and which she need not hesitate to take the responsibility of using.

#### THE BATH FOR LOWERING TEMPERATURE.

There is another use of baths in sickness, and that is to lower the temperature of the body. It is a noticeable fact that while in health baths will not lower the temperature (as shown by the use of the thermometer in the mouth or bowels) unless they are carried to the degree of utter prostration; yet when the temperature is abnormally high—*i.e.*, when there is fever—baths will produce a lowering which in a general way corresponds in degree and in duration to the coldness of the baths employed. Medical men often feel obliged to make use of baths of quite low temperature; but in domestic practice these (that is to say, immersion baths or douches) should not be attempted without medical sanction. A bath of any temperature less than that of the body at the time, given in any method, may produce some lowering of the temperature, but some of them only to a very trifling degree.

The baths most suitable for domestic use to calm fever are sponging, packing, and the tepid, full bath. Sponging of the entire body with cool water, say about 70 degrees F., is usually very grateful, and, if it is prolonged, results in some lowering of the temperature. The comfort it gives, however, is not entirely due to the cooling, but in part to the soothing of an irritated skin and the removal of acrid secretions due to fever. When the

patient complains of chilliness the sponging should be suspended. If, as is sometimes the case, cool sponging is not agreeable, warmer water may be used, but a longer application will be necessary to produce the same effect on the temperature.

The cold pack is usually more efficient than simple sponging. It is thus given: A sheet folded to the proper size is dipped in water of the required temperature and laid upon a cot, which preferably is protected by a rubber sheet. The size of the folded sheet should be such that its length will reach from the armpits to just above the ankles, its width enough to encircle the body and overlap some inches. The water should not be below 85 degrees F., unless this is directed by a physician. The sheet being in place, the child is laid upon it, one arm raised and one side of the sheet drawn up over the body and limbs, and then the manœuvre repeated for the other side, the sheet being lapped over. The extremities are left out to save too great chilling of the parts. A blanket can be thrown over the sheet and the pack left undisturbed for, say, ten minutes for the first application. The patient is then lifted out quickly, laid in a blanket, lightly enveloped in it, and left quiet. Packs colder and longer are used by physicians, but they should not be by others without advice. The depressing effects of any baths may be met by stimulants, wine or spirits.

But, on the whole, the most convenient method for domestic practice is the tepid bath. A bath may be prepared of 95 degrees, or a little lower, and the child placed in it in the usual way. It will be noted that, while 95 degrees is not much below the normal temperature of 98.6 degrees F., it is quite a little below an abnormal temperature of, say, 102 degrees or 103 degrees. If the bath is agreeable and in no way depressing, it may be gently cooled down in repeating it by the addition of cooler water, say to 90 degrees, and in subsequent trials to 85 degrees F. or even 75 degrees F. But, without specific directions, it is better that nursery guardians should err on the safe side, and not give too cool baths.

The inquiry is constantly made, "Is not there danger of giving the child a cold by these baths?" Very little, if any, if the bath is properly managed. In taking a child from the bath do not dress it; lay it rather into a bath-blanket and leave it for a considerable time; this prevents chilling. Also take pains that the hair is not wet, as a mass of cold, damp hair is at least disagreeable, and may give the dreaded cold.

There is one more use of quite hot water that may be mentioned, which is the staying of bleeding. Water from 60 degrees to 100

degrees F. favors bleeding, particularly toward the warmer temperature. Water from 110 degrees F. to 120 degrees F. arrests bleeding from small vessels. Its action is not unlike that of very cold water, but it seems to be more lasting, and the application is usually less disagreeable to the patient. Water of this temperature is very commonly used at the close of surgical operations, after the considerable vessels have been secured, to arrest the oozing which occurs from a multitude of smaller ones, and the effect is usually very gratifying.



## BREAD: ITS CHEMISTRY AND ADULTERATION.

BY CYRUS EDSON, M.D.,

*Chief Inspector Health Department, New York City.*

**N**EXT to milk, bread forms the staple diet of children; every mother should therefore have some knowledge of the chemistry of bread-making, if only to understand intelligently how and why it is, not infrequently, adulterated.

The ignorance of the average individual concerning the subject of hygiene is amazing. It is probably due to the fact that the educators of our children have never seen the necessity for pointing out to them the many wonders, both chemical and physiological, that beset their paths—wonders, too, that intimately concern their health and well being. The rudiments of that neglected branch of science should be taught in every public school in the country, and should be regarded as one of the most important branches of educational knowledge. But I am digressing from the purpose of my article, which is to point out some of the wonders of bread-making, not alone from a chemical but also from a sanitary or hygienic standpoint.

When the good housewife mixes yeast with her dough she gives little thought to the means whereby the yeast makes her loaf light; she only knows that after it has been added, and the dough placed in a warm spot near the fire, it "*rises*."

The facts are that the yeast-plant—for it is a plant, and a very curious plant, too—sets up a peculiar fermentation in the dough. First it changes a portion of it into sugar, then it attacks this sugar and converts it into carbonic acid gas and alcohol. Bubbles of carbonic acid gas are disengaged in the interior of the glutinous dough and give it the spongy, porous appearance characteristic of good bread. The alcohol, being very volatile, is nearly all driven off by the heat of the oven. It has been computed that in England and the United States not less than a million gallons of alcohol are thus lost annually. The yeast-plant is killed and its action stopped by the heat of baking.

Good bread cannot be made from mouldy or heated flour, for when yeast is added to

it an excessive fermentation ensues, which destroys the tenacity of the dough and renders it sour and sodden.

Unprincipled bakers have discovered that certain chemical substances will prevent this excessive action of yeast on bad flour, and will thus enable them to use cheaper materials to produce the same apparent results. The two substances most commonly used for this purpose are alum and sulphate of copper. Besides this property of preventing overfermentation, they also have three other actions that tempt the baker to their use—viz. : they render bread white and elastic ; they cause it to retain more water, and thus increase its weight and bulk ; they keep it from turning mouldy.

In regard to the injurious effects of alum in bread, a celebrated English physician has written as follows :

“ Its effect on the system is that of a topical astringent on the surface of the alimentary canal, producing constipation and deranging the process of absorption. But its action in neutralizing the efficacy of the digestive solvents is by far the most important and unquestionable. The very purpose for which it is used by the baker is the prevention of those early stages of solution which spoil the color and lightness of the bread whilst it is being prepared, and it does so most effectually ; but it does more than is needed, for, whilst it prevents solution at a time that is not desirable, it also continues its effects when taken into the stomach, and the consequence is that a large portion of the gluten and other valuable constituents of the flour are never properly dissolved, but pass through the alimentary canal without affording any nourishment whatever.”—*Dr. Dangles in "Hassell on Food,"* p. 344.

This opinion is strengthened by that of the eminent chemist Baron Liebig, who asserts that the use of alum enables the baker to adulterate bread with inferior flours, such as are made from potatoes and rice, and he further says that the great value of wheat-flour as a food consists in its containing large quantities of soluble phosphates. Now, when alum comes in contact with these phosphates it combines with them and forms a compound, insoluble in the stomach, so that their beneficial action is lost to the system. The amount of alum usually employed by bakers to produce the results I have described is about half a pound to two hundred and forty pounds of flour.

I have said that sulphate of copper is used

for the same purposes as alum. Its action on bread is more powerful and lasting than that of the latter substance. In this country I believe that it forms a very rare adulteration ; nevertheless the officers of the Health Department of this city have found it in bread made on Manhattan Island. It is only fair to the bakers to state that the evidence, in the cases where copper was found, pointed strongly to the fact that it had been added to the flour before it reached their hands. Until recently large amounts of damaged provisions were sold at auction almost weekly in this city. These were usually ordered by the fire insurance companies, and consisted of various damaged stocks, including flours of all descriptions. The purchasers of these stuffs doctored them up, so as to render them as salable as possible. It is more than probable that the “coppered” bread was made from some of these doctored flours.

In Belgium, where the use of copper for coloring preserved vegetables green is permitted, the addition of it to bread is said to be very common. I believe that its use for any purpose in human food cannot be too strongly condemned, for it is undoubtedly a virulent poison.

Besides the adulteration with alum and copper, boiled rice and potatoes are added to bread for two reasons : First, for the purpose of cheapening the cost of the loaf ; second, to enable it to retain more water. Neither of these adulterations can be considered, from a sanitary standpoint, as directly injurious. Notwithstanding, they may be harmful to some individuals, because they weaken the “staff of life” and render it less capable of sustaining the system. Both boiled rice and potatoes contain between seventy-five and eighty per cent. of water, and are only about half as rich in nitrogenous elements as wheat-flour. The poor sewing-girl or laborer who depends largely on bread for sustenance would be seriously affected by anything reducing their meagre allowance of food.

The text-books on adulteration give several other adulterants of bread, though I can-



not boast of having personally seen them. They are interesting, however, so I will name some: bone-ashes, bone-dust, white clay, carbonates of soda, magnesia, lime, ammonia, and, lastly, terra alba, or hydrated sulphate of lime.

The detection and estimation of alum in bread is a very difficult matter, and requires careful chemical manipulation. A simple test is given by Dr. Letheby; though it is not always to be entirely relied upon, I will give it. It will be found to act well enough in a large number of cases, if one cares to experiment

with it. An infusion of logwood has the property of turning a rich claret tint when brought into contact with alum. If a slice of bread containing alum be dipped into a weak solution of logwood in water it will acquire the above-described tint.

The detection of copper is as easy as, and much more to be relied on than, the foregoing. Moisten the bread with a solution of ferro-cyanide of potassium, and it will, if copper be present, assume a pink tinge, more or less deep, according to the amount contained therein.



## THE FEEDING OF OLDER INFANTS AND YOUNG CHILDREN.

BY L. EMMETT HOLT, M.D.,

*Physician to the New York Infant Asylum.*

IT is the purpose of the present article to proffer a few hints upon the feeding of children from one year old until they are able to adopt the varied diet of the family, at from two-and-a-half to three years of age. Up to one year all children should, of course, have a mother's milk; and for those who are denied this blessing, previous numbers of *BABYHOOD* have given due advice. Until this time is reached all is plain sailing; but thenceforth many mothers realize the great need of help.

Careful attention to feeding during the second year is quite as important as during the first, as a glance at the following statistics will show. In looking over my cases of sum-

mer diarrhœa for the past few years, I found that, of over four hundred cases, nearly sixty per cent. of the whole number occurred between the ages of six months and two years, while only twelve per cent. occurred under six months. The most common exciting cause of the disease was improper food and improper feeding.

"But," says some mother, "I don't need any dietetic rules for my baby of eighteen months or two years. He eats everything, and is perfectly well."

I have had quite a large experience with these children who "ate everything" and seemed to relish it. I have followed a number of them to their graves as the ultimate

result of such unreasonable and inconsiderate practices. A child, if strong naturally, may go on for months apparently thriving, in spite of being allowed to "eat everything." But sooner or later—usually sooner—the penalty is paid in a severe attack of inflammation of the stomach or bowels which may cost the child's life, or else lay the foundations for a chronic dyspepsia which lasts through life, causing a feeble constitution and unnumbered privations. We must judge of the suitableness of a diet, then, not by the few who may do well, but by the many who do badly. The same applies to certain of the foods sold. One mother's child has thriven under it; hence she advocates this as the one, and the only one, of any value.

This brings us to the point that not all children do equally well upon the same diet, supposing this to be a good one. Differences in constitution and in temperament come in and make it impossible to tell beforehand whether or not certain articles will agree. The only proof is that of a trial in each child, carefully and intelligently made. It often happens, especially in children who are suffering from diarrhoea or from disordered digestion, that a great many trials must be made before the proper thing is found for the particular child. But there is no other way, and we may be sure that in the great majority of cases success will crown our efforts.

In what follows let it be understood that we are speaking only of children who, if not perfectly well, at least are not sick in any ordinary sense of that term.

#### THE TESTS OF A PROPER DIET.

1. A child should gain steadily in weight—not necessarily rapidly, but steadily. To ascertain this nothing can take the place of the scales. A child, after the first year, should be weighed regularly at least once a month. When it ceases to gain, and more, if it begins to lose, we may be sure that something is wrong, and it is safe always first to suspect the food or the feeding.

2. The flesh should be firm and solid, not flabby. Many of the foods containing

starch or cane-sugar in considerable quantities produce fat in abundance; but unless increasing strength comes with the increase in size, it should not be considered a sign of health.

3. Teething and walking should progress steadily. The period of walking will depend something upon the child's peculiarities—one beginning at one year, and another at sixteen months; and yet both may be healthy. If, however, the child, although large and heavy, is not only backward in walking, but does not cut his first teeth until he is a year old, we must investigate carefully to see if other signs of rickets are not apparent, such as bowing of the legs, sweating of the head, etc.

4. Frequent attacks of colic, vomiting, and diarrhoeal movements, with lumps of undigested food in the passages, should be looked upon as positive proof that the food given is not agreeing with *this* child, whatever it may do for others.

5. Lastly, a healthy skin and quiet, peaceful sleep. The most frequent cause of disturbance in either case is the food.

#### CAUSES OF FAILURE IN ANY DIET.

Here again, as happens so often in caring for children, it is not only what we do, but *how* we do it, which makes all the difference between success and failure.

First, the *manner of feeding*: it should neither be too rapid nor too frequent. It is just as important in the case of children as with adults that the whole meal be not swallowed within five or eight minutes. Many people's idea of feeding a young child, especially if its food be fluid or semi-fluid, is that the process differs essentially in no ways from that of filling a jug through a funnel: that all that is required is to pour in until the receptacle overflows.

Next, the *frequency of feeding* is largely a matter of habit with a child; it can be trained to almost anything with a little care. During the period which we are considering most children do better when the interval during the day is not more than four hours. This would give, between 6 A.M. and 10 P.M.,

room for five meals. It is very important that nothing whatever be given between 10 P.M. and 6 A.M. It is, with few exceptions, the fault either of mothers or nurses if children require night-feeding.

I cannot emphasize too strongly the importance of regularity; without it nothing can be accomplished. Nor can I say too much in condemnation of the custom of feeding between meals upon crackers and cookies. For every minute of quiet obtained by such means hours of fretfulness are the price. Children are often thirsty; then drink, but not food, is required, and should be given. It is amazing what things a child's stomach can master if only it be given time. But if fresh work be put upon it when its first task is only well begun, it can never rest, and soon refuses to work at all. It follows the example of the laboring classes when they are overworked—it strikes. And then much time and effort are required to settle the difficulties which exist.

Another frequent cause of trouble is the *improper preparation of food*. The food must be fresh, and freshly prepared for each feeding. Messes that have been "warmed over" should never be given. Great care especially should be exercised in regard to the milk given, where this forms a prominent part of the diet, as, indeed, it should always do. I recently saw in an institution in this city every one of twenty-three healthy children occupying a ward attacked in a single day with indigestion and diarrhœa from eating milk which was found to have been unfit for food. Milk should never be allowed to stand about the room in open vessels. In cities it should be kept upon ice until it is needed for each feeding; and in the country in as cool a place as possible. In all places it should be anywhere but in a room used for sleeping, sitting, or living generally.

What has been said in regard to milk is true of all the foods prepared with milk, of all broths, soups, gruels, etc. In warm weather this is, perhaps, the most frequent of all causes of serious disturbance of the stomach and bowels.

*Overfeeding*, also, is a very common cause

of trouble. It is very often the quantity and not the quality of the food taken that is the cause of its disagreeing with the child. Too much at once is likely to be taken, if the child be fed rapidly, or if the interval of feeding has been prolonged to five or six hours. Children are often stuffed with food when they are only thirsty. Water should be frequently given at all ages and in proper quantities.

No definite rules can be laid down as to the number of tablespoonfuls or cupfuls that a child may take at a given age. Children differ as much as do grown people in this particular. The normal desire of the child is, perhaps, the best guide. But great care and judgment must be used in each case by the mother herself. In any case, if a child vomits within fifteen or twenty minutes after feeding it is pretty safe to infer that the quantity has been too great. (Children often vomit or regurgitate from want of quiet after food; retaining the food perfectly if they sleep after it, vomiting if dandled or allowed to play.)

The points enumerated above should all be carefully considered before a radical change in the diet is made; for, in a large number of instances, the causes of failure are to be found here, rather than in the articles employed.

#### FORBIDDEN ARTICLES.

The following are *improper articles of food for a healthy child under two-and-a-half years, under all circumstances*:

*Meats*.—Ham, sausage, pork in any form, salt fish, dried beef, corned beef, goose, duck, stewed kidney, liver and bacon, dressing from all roast meat, and all meat stews.

*Vegetables*.—Potatoes except when roasted, cabbage, raw celery, raw or fried onions, radishes, cucumbers, tomatoes raw or cooked, beets, and carrots.

*Bread and Cake*.—All hot bread or biscuits, rolls, etc., buckwheat-cakes, all sweet cakes, especially those warm or containing dried fruits, or those heavily frosted.

*Desserts*.—All nuts, candies, dried fruits, raisins, etc., apple-sauce, preserves, and pies.

*Drinks.*—Tea, coffee, chocolate, wine, or beer.

*Fruits.*—Bananas, all fruits out of season, all stale fruits, especially in cities and in summer. Grapes are objectionable only from their seeds. With most other fruits it is *quantity* which makes them injurious.

#### PERMISSIBLE ARTICLES.

*Articles of food allowable for children from one to two-and-a-half years :*

*Milk* should be the basis of the diet. A stout, well-developed infant should be allowed from a pint and a half to two pints and a half a day, according to the age and the amount of other food taken. In the country pure cow's milk, and that from a number of cows, mixed, rather than from a single animal. This is the universal testimony of the best physicians, although a popular prejudice exists in favor of the milk of a single cow. In cities where pure, fresh cow's milk is not to be had, the condensed milk delivered fresh from the wagons daily is to be preferred. All forms of canned condensed milk have this objection, that a considerable quantity of cane-sugar has been added to preserve it. While this often causes a rapid increase in fat in the child, it cannot on the whole be recommended, as it certainly predisposes to attacks of colic, indigestion, and diarrhœa, and, many good authorities believe, to rickets also. Still, it must often be used as the best food that can be obtained.

*Meats* should not form any prominent part of the child's diet until he has most of his teeth, which with the majority of children means about eighteen months. Before this meat should be given very sparingly, finely bruised, minced, or scraped. Until a child has passed his third year, once a day is often enough for meat to be given. The meats allowed are roast beef or beefsteak, both rare; white meat of chicken or turkey, well done; rare roast lamb, and mutton-chop. If fish can be obtained fresh, it may be given in small quantities, broiled or boiled, never fried. The only objection to it is the bones. Salt fish should never be

given. Raw oysters agree well with some older children, but under two and-a-half years they had best be regarded with a wholesome distrust. No fried meats should be given.

*Vegetables*, as a class, are to be avoided in any considerable quantity until the second year has been passed. The potato is one of the most injurious as ordinarily used. It is not so harmless as it looks. It should never be given more than once a day, and then it should not form the principal part of the meal. It should be given roasted, never stewed, fried, or boiled, and best with the juice of roast beef or lamb—*i.e.*, "platter gravy." More mothers who are intelligent and thoughtful err in regard to potatoes than concerning almost any other article of the child's diet. Potatoes should *never* be bolted, even if mashed. Other vegetables which may be allowed to children over eighteen months are asparagus, string-beans, fresh peas, and boiled onions, all well cooked and entirely fresh, and possibly lettuce.

*The Cereals and Starchy Foods*, although used sparingly or not at all during the first year, after this time should form throughout childhood an important part of the diet. The most valuable ones are oatmeal, wheaten grits, arrowroot, sago, barley, rice, wheaten flour, and corn-starch. It is a decided advantage to have a large number of articles of this class, to get some variety in the diet. It is of the utmost importance that all of these should be thoroughly cooked. Arrowroot is the most easily digested, and should be selected in case of a delicate child with feeble digestion. Oatmeal and wheaten grits are especially valuable where there is a tendency to constipation. Rice and barley may be used to add to soups and broths, or the latter may be made into a jelly to be added to milk. The following is Dr. Eustace Smith's mode of preparing barley jelly: Two tablespoonfuls of washed pearl barley and a pint and a half of water boiled slowly down to a pint in a saucepan; strain away the barley and allow the liquid to set into a jelly.

Wheaten flour may be used with advan-



tage prepared in the following way, known as the "flour ball": A pound of "entire flour" is tied up in a pudding-cloth and boiled steadily for twelve hours. When cold the outer covering is cut away and the hard interior is reduced to powder with a fine grater. By this process the greater part of the starch has been converted into dextrine, so that it can be readily digested even by a very delicate stomach. Many of the foods sold at high prices, under high sounding names, consist of little else than wheat-flour in which this change of the starch into dextrine has been accomplished. A heaping teaspoonful of the powder thus obtained should be rubbed up with a little cold milk to the consistency of cream, and then a teacupful of hot milk added with stirring over the fire. This will be found often to do exceedingly well with infants just weaned, and may be used twice a day.

In all the articles of this class care should be taken not to use much sugar. Most of them are best taken without any. All should be given slowly, and children taught and encouraged to masticate them thoroughly; because they are softened by cooking it is not to be thought that mastication is unnecessary.

*Broths* are useful, not only for affording an opportunity for variety in the diet from milk, but are to be used where milk may not agree. To be recommended are consommé soup, mutton and chicken broth, to which may be added rice or barley, and beef-tea. Broths should be made of chicken, lean beef or mutton, of the strength of half-a-pound of meat to the pint of water for younger children, or a pound to the pint in older ones.

They should be prepared as follows: Cut the meat into small pieces—if beef, use steak—add the water, and cover in a saucepan. Let it stand by the fire for four or five hours, and then simmer gently for two hours. Strain and serve after seasoning moderately with salt. Great care should be taken that all fat and gristle be removed at first.

The expressed juice of beef is made as follows: A tender steak, cut an inch-and-a-half thick, should be broiled till cooked through, but not beyond blood-red color.

The juice of the steak should then be squeezed out with a lemon-squeezer and seasoned. One or two tablespoonfuls may be given at a time with stale bread-crumbs to a child of a year or fourteen months.

*Bread* should be given only when stale; wheat or Graham may be used thinly buttered; gluten or milk crackers may be taken freely with meals, but not between meals.

*Desserts* which may be allowed to young children are few. About the only ones are plain custard, rice-pudding without raisins, and ice-cream. A tablespoonful of the first two, and half as much of the last, is as much as a child of two years should take at once. They should not be given at all before eighteen months.

*Fruits*, when ripe, fresh, and in season, of almost all varieties, may be used in moderate quantities. Oranges, pears, grapes with seeds removed, peaches, apples, may all be used after eighteen months, but before should be used very cautiously during hot summer weather.

*Eggs*, soft boiled (*i.e.*, two minutes), may be given occasionally for variety; they may also be used poached, but never fried.

#### RECAPITULATION.

These articles comprise enough to give needful variety to any child in health. The following diet-lists, which have been taken, with some slight changes, from Eustace Smith, show how these articles may be combined and given:

##### DIET FROM TWELVE TO EIGHTEEN MONTHS.

*First meal*, 7.30 A.M.—

Slice of stale bread and large cupful of fresh milk.

*Second meal*, 11 A.M.—

Cup of milk with Graham cracker or bread and butter.

*Third meal*, 1.30 P.M.—

Cupful of beef, chicken, or mutton-broth, with bread; tablespoonful of rice-pudding.

*Fourth meal*, 5.30 P.M.—

Same as the first.

*Fifth meal*, 11 P.M.—

A drink of milk if required.

##### ALTERNATE DIET, SAME AGE.

*First meal*—

Soft-boiled egg.

Thin slice of bread and butter.

Cup of milk.

*Second meal—*

Drink of milk.  
Bread and butter, or cracker.

*Third meal—*

Small roasted potato, well mashed and moistened with two tablespoonfuls of "platter gravy."  
Cup of milk.

*Fourth meal—*

Slice of stale bread and cup of milk.

*Fifth meal—*

Milk if required.

Water is to be allowed with meals, if desired, or between meals; it should be cool but not iced, and only small quantities taken at once. Filtered water is always to be preferred, or water that has been boiled.

It is important that the first meal be given early in the morning soon after waking. A child should not be compelled to wait two or three hours until the family have their breakfast.

DIET FROM EIGHTEEN MONTHS TO TWO YEARS.

*First meal, 7.30 A.M.—*

Cup of milk.  
Slice of stale bread or cracker.

*Second meal, 11 A.M.—*

Milk and bread.

*Third meal, 1.30 P.M.—*

Thin slice of rare roast beef, mutton, or white meat of chicken cut very fine, or, better, scraped.  
Roasted potato with "platter gravy."  
Dessertspoonful of ice-cream.

*Fourth meal, 5.30 P.M.—*

Bread and milk.

The fifth meal at 11 P.M. may now be omitted.

ALTERNATE DIET, SAME AGE.

*First meal—*

Tablespoonful of well-cooked oatmeal or wheaten grits, saucerful of milk, half a teaspoonful of white sugar, slice of bread and butter.

*Second meal—*

Bread and milk.

*Third meal—*

Beef or chicken broth, cupful, with bread.  
Small piece of broiled fish or mutton-chop.  
Tablespoonful of plain custard.  
Cup of milk.

*Fourth meal—*

Bread and milk.

These diet-lists are given as illustrations merely. Many more can readily be made out by any mother in accordance with the suggestions given.

After two years are past a little more freedom can be used in the food. The principal meal should always be in the middle of the day and never at six o'clock. Until three or four years of age the evening meal

should be limited to bread and milk. Meats may be given in greater variety, but only once a day. Arrowroot, corn-starch, rice, and barley may be used more freely. A considerable variety, too, may be made in the broths and soups.

DIET IN DISEASE.

For children from eighteen months to two years who suffer from *habitual indigestion* all vegetables had best be omitted, especially potatoes. The diet should consist of bread and milk, broths, a little rare roast beef or steak, beef-juice, arrowroot, etc. Articles containing or requiring much sugar should be prohibited.

In children of the same age who suffer from *diarrhœa*, with green passages containing curds, all milk should be stopped at once, particularly in cities, where it is frequently the main cause of the trouble. Milk whenever given should first be scalded. It is much better to rely upon broths, barley gruel, and wine or lemon whey.

Simple whey is prepared as follows: A piece of rennet obtained fresh from a butcher is placed in a cup of hot water and allowed to stand for four or five hours. This is added to a quart of milk, allowed to stand till the curd appears, and then strained through a fine sieve or coarse cloth. To the whey may be added the juice of a lemon or orange, and the whole sweetened moderately. This nearly all children take very readily. In cases of great exhaustion, where some stimulant is required, a tablespoonful of old sherry wine may be added to a cup of whey, and a few teaspoonfuls given every hour or two. This will often be retained, if given cold, when all else is vomited.

The prepared foods, such as Liebig's, Horlick's, or Mellin's, are also useful as temporary substitutes for milk in cases of *diarrhœa*. They should not be substituted for milk for healthy children as the main article of diet.

*Partially digested foods* have lately been much used for young infants who suffer from greatly impaired digestion, in conse-

quence of severe acute diseases or prolonged diseases of the stomach or bowels. The best are without doubt the peptonized milk or the peptonized beef-broth. By this means the albuminous matters of the food, which are digested in the stomach chiefly, are partially digested before they are taken. The following is the usual method given for peptonizing milk: Five grains of extractum pancreatis (Fairchild's) and ten grains of bicarbonate of soda are dissolved in a gill of water. To this is added a pint of fresh cow's milk; the whole is kept at a temperature of about 100° F. by setting the vessel containing it in warm water. It should be stirred and watched carefully until a slightly bitter taste is noticed, which is generally in twenty or thirty minutes. It should then be removed instantly and placed upon ice. This arrests the process, which otherwise would go too far and the milk become so bitter that the child would refuse it. Milk thus prepared may be kept from eight to twelve hours. It should be freshly prepared at least twice a day, and in very hot weather it is well to do it for each feeding. Of course it should be warmed before using. The peptogenic milk-powder is essentially the same as the above, and is reliable when it can be freshly obtained. Failure in either

of the above to produce the change described may be put down to the fact that the preparation obtained is old and consequently inert.

The chief objection to the use of peptonized milk by either of the above methods is the expense. It will cost to furnish the proper quantity of either, for an infant of six to twelve months, about a dollar a week. Consequently, although a valuable resource in illness, it is not to be generally adopted in health.

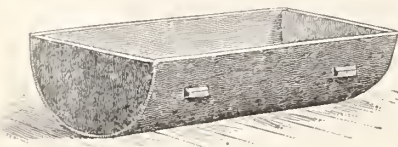
#### TO COUNTERACT ACIDITY IN MILK.

One other point about milk when it manifestly does not agree: The mother should provide herself from a druggist with some blue and some red litmus-paper. Cow's milk often disagrees because it is acid in reaction. This can readily be determined by dipping a small piece of the *blue* paper into milk; if acid it turns it red. If this change is prompt and decided, lime-water or bicarbonate of soda should be added until the *red* paper is turned a faint blue, or at least the blue is unchanged in color. The milk will thus be shown to be in the first instance alkaline, in the second neutral, in reaction; in either case it is much better adapted for the child's stomach.

## NURSERY HELPS AND NOVELTIES.

### An Old-Fashioned but Cosey Cradle, with a History.

THIS is the picture of a cradle made for a dear little baby who lived just a hundred years ago on a farm near ours. It is made of the bark of a hemlock tree, with half-circles of bass wood



neatly fitted for ends, and has two blocks of wood fastened on either side near the head and foot to keep the cradle from rocking over.

"Huldah needs a cradle," the baby's mother said one morning, and the baby's father took his

axe and went into the woods that grew close to their log-house, and, cutting half-way round in two places—and the length of a cradle apart—the thick bark of a round-trunked hemlock, he slit the bark from corner to corner of these cuts and then peeled from the trunk this great, rounded trough of hemlock bark.

When it had been dried, and its rough outside bark nicely smoothed, its ends fitted with head and foot boards, and knobs put on so it could not tip a somersault when being rocked, soft pillows and the little baby Huldah were put into this fragrant, cosey, easy-swinging cradle, which the busy mother softly stirred when the whirl of her reel and the buzz of her flax-wheel threatened to wake Baby before her nap was out.

One day, when she was busy reeling her linen



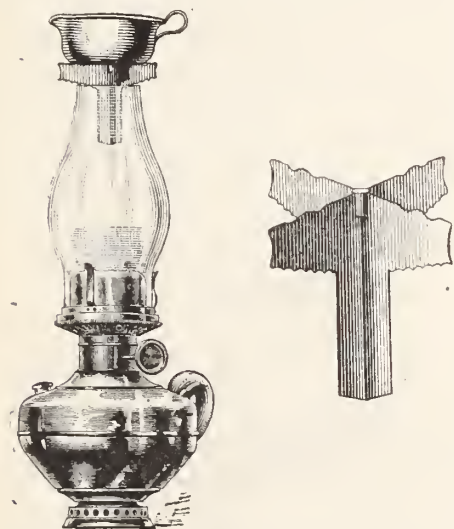
threads, with Baby soundly asleep in her little bark house, she heard a big scratch on the door-sill, and, looking up, she saw in the doorway, with his great fore-paws reaching up on the kitchen floor, a big black bear. Huldah's mother did not wait that time till the snap of her whirling reel told forty threads, but, catching Baby in her arms, she flew up the rungs of the ladder that led to the loft over her kitchen, and when there quickly drew the ladder after her.

But old Bruin did not venture into the house. Perhaps he dared not, for a bright fire was burning on the hearth, and the light cradle still rocked and swayed before it, which he might have thought was some cunning trap set to snare his big black feet. He sniffed and growled, and then turned in his tracks and trotted off into the woods. When he had gone Huldah's mother lowered the ladder and came back into her kitchen; but she shut the outer door before she again set stirring her wheel and cradle.

CLARISSA POTTER.

#### Lamp Attachment for Heating Liquids.

A SIMPLE and cheap contrivance for warming Baby's food over a lamp is a patent of Silver & Co.'s, New York, and costs but fifteen cents;



it has four wing-like arms, which rest on the top of the lamp-chimney; is about four inches across the top, and stands perfectly firm on the pearl-top chimneys. The firm's address is 85 Warren Street.

MINNA C. HALE.

*Cranford, N. J.*

#### Playing-Bag.

SUCH a bag in the nursery will do much toward teaching the little ones habits of order. It serves for the reception of balls, marbles, and the countless small odds and ends, empty spools, buttons, etc., that contribute to the children's amusement; and, hung up within their reach, they must learn to drop their toys into it, instead of leaving them in odd corners and around the floor,



whence they will be ruthlessly banished by the angry nursemaid who is cleaning the room for the "hundredth time that day," and afterward cried for as lost by their owners. A half-yard of strong gray linen, about a yard wide, will make a bag sufficiently large. Line it with strong red silesia, and run in drawing-strings about 4 inches from the top, leaving the bag open at the sides thus far, this making it easier to put things in. Suitable decorations for the outside, worked in fancy stitches of colored wools or silks, may be copied from the children's picture-books.

#### Another Lap-Pad.

I THINK I can improve upon the lap-pad for protecting the dress while holding a baby, described in the November number.

I make mine as follows: Instead of muslin or Marseilles I use white Turkish towelling, and instead of putting a layer of cotton-wadding between I use a sheet of rubber cloth. One end I leave open to be fastened with buttons, so the rubber cloth can be taken out in order to wash the pad. The edges may be finished with embroidery.

I think this makes a more serviceable and cleanly pad than the one described.

A. Y.

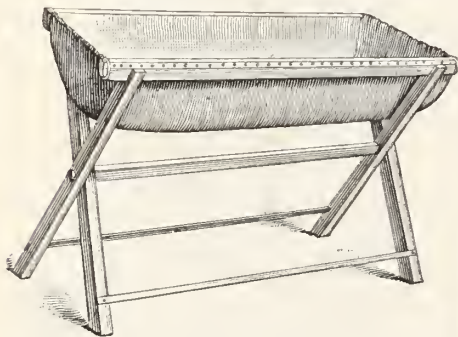
*New York City.*



### Home-Made Folding Bath-Tub.

THIS bath-tub is inexpensive, convenient, and comfortable for the little bather. The idea was given us by a friend, and I hope the following description and sketch will cause many more to be made; for the ease and pleasure of the bath, to both mother and baby, is double that when using the ordinary tin bath-tub.

Baby's papa made ours in a very short time, and it is plain and simple. The frame is made something like a cot-bed. Ours is made of straight pine sticks. The legs, one inch and a half square by thirty inches long, are crossed and



pivoted in the middle on a centre bar. The side-bars, one inch by two inches, and thirty-six inches long, are securely fastened to the top of the legs. Smaller bars join the legs near the bottom to stiffen the frame.

A piece of heavy rubber cloth, one yard and a quarter long and thirty inches wide, has an inch-wide hem on each end for a casing, and is drawn up to eighteen or nineteen inches, with heavy braid. This makes the ends of the tub.

Along the side-bars of the frame are tacked, with brass-headed tacks, the sides of the cloth, the *braid* being securely fastened to the ends. A small plait in the cloth at each corner, about an inch from the end, gives a fuller shape to hold the water. The tub, when not in use, can be folded and set away out of sight.

Of course the frame can be made of walnut or cherry, with turned legs, etc., if so desired.

Our baby is three months old, and has been put *into* the water every day of his short life. The tub is so soft that I allow him to lie right in it, merely holding the back of his head with one hand, and the pleasure he seems to find in kicking and splashing testifies to his comfort, and is a pleasant sight for his mother.

We discovered that a pillow put in the tub made a comfortable and portable crib for Baby. We often had him go to sleep in it down-stairs,

and then carried crib and all up-stairs without disturbing the little sleeper. K. C. T.

*Syracuse, N. Y.*

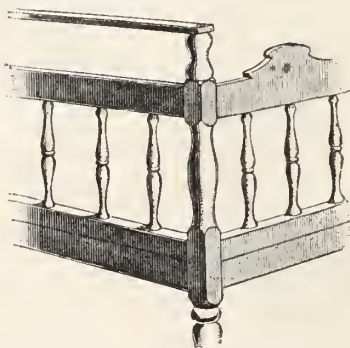
### A New Use for the Crib.

BABYHOOD has had numerous descriptions of pens and enclosures for babies, but I think the arrangement we have is a little more satisfactory than any I have seen.

Baby was just learning to walk when cold weather came, and liked to be on the floor most of the time; but one cold, caused undoubtedly by the draughts he inevitably played in, made us decide that his liking must be disregarded, and, in spite of his indignant protests, Baby sat in his combination-chair or occasionally played in his crib for two weeks. But in his chair he soon became cramped and tired, and in his crib there was constant danger of his falling out if he stood up, and there was no opportunity to properly air his mattress, which was sometimes wet besides.

Now we have remedied all this. We have a wooden flooring just fitting the inside of the crib. After Baby's breakfast I remove mattress, pillows, etc., and spread them to air, put in my floor, and drop in my baby. Removing the mattress adds three or four inches to the distance from Baby's feet to the top of the crib; but we feared this might not be enough to prevent his taking a "header" some day over the sides, so we fastened stout strips of wood to the top knobs of the posts at each corner, after the manner of the illustration, and Baby was secure.

Set in after breakfast with a few playthings, Baby is happy, and requires no more attention



until nap-time. He creeps or stands or makes his attempts at walking, and his mother knows that no harm will come to him from draughts, or other dangers that beset young travellers. When bed-time comes it takes but three minutes to remove playthings and floor, put in the mattress,

and get all ready for the young man's journey to Sleepytown ; and the added rest and pleasure it has given both Baby and mother more than repay the little trouble the changes make.

*Providence, R. I.*

L. R. H.

#### Mattress-Protector.

THOSE who dislike to use a rubber blanket as much as I do may make a substitute for it as follows : Take two pieces of old blanketing, and, having tacked them together here and there with little soft tufts of worsted the color of the blanket, button-hole-stitch the edges together with the same. The older the blanket and the more wool in it the better. Very poor pieces may be used by darning the poor or worn part on to the other side, taking care not to have two thin places come together.

This little protector will not wet through easily, and will not *feel* cold, even if it is so. I dislike to make anything of cotton which is liable to be wet, for which reason I object most strongly to the Canton flannel undergarment used in the Gertrude suit, for I know of nothing colder or more difficult to dry than wet Canton flannel.

Those who have no blanketing may use an old white shawl, or an old *cloud*. These, if washed by soaking in hot suds *without rubbing*, and then rinsed in hot water, will be delightfully soft for Baby. Tack more or less pieces together, according to the thickness of the material used, but do *not* put in any cotton wadding.

The little blanket so made may be any size,

is pretty, easily washed, easily made, and will do away with any need of a rubber blanket excepting, perhaps, at night.

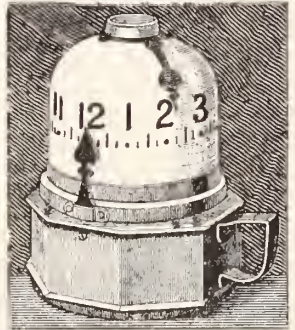
MRS. D.

*Auburndale, Mass.*

#### Nursery Lamp-Clock, with Medicine Dial.

THE accompanying cut shows a newly-patented illuminated clock, especially adapted for nursery and hospital use.

The movement is contained in the base, upon which rests an opaque glass globe on which are indicated the hours, halves, and quarters. This globe revolves past a stationary point-



er which indicates the time. The lamp, which is placed within the globe, holds enough kerosene to burn for thirty-three hours. There is said to be no disagreeable odor from the kerosene, though lard-oil, alcohol, or even a wax taper may be used if desired.

A valuable addition is a medicine-indicator, by the use of which even the most careless nurse could hardly fail to be reminded of the proper intervals.

The clock retails for from \$2.75 to \$4, and may be obtained of the W. C. Vosburgh Man'g Co., Brooklyn and Chicago.

## NURSERY PROBLEMS.

### A Question of Sufficiency.

*To the Editor of BABYHOOD :*

Would you kindly advise me in regard to feeding my baby ? He is one year old, and the only food he has ever taken is cow's milk. At present he takes a little more than a half-pint five times during the twenty-four hours, without the addition of water or sugar, and it seems to satisfy him. He has cut seven teeth and seems perfectly well, but shows no inclination to creep or walk, and we sometimes think perhaps he is not nourished sufficiently. But unless that is the case we do not like to change his diet while he is doing so well in other respects. Would you advise using some other food with the milk ; and if so, what is best to begin with ?

*So. Stafford, Vt.*

K. W. K.

The question of nutrition depends, of course, upon whether he digests and appropriates (assimilates) so much undiluted cow's milk. If he does, he certainly gets enough. "A little more

than a half-pint five times" in a day would make about three pints in all. The only doubt is whether a child of twelve months can take successfully so much pure milk, or, indeed, pure, rich milk at all. But if you are sure he is doing well on it you need not change from any fear that he is not getting enough.

### Cross-Eyes.

*To the Editor of BABYHOOD :*

Being an interested reader of your admirable little magazine, and having gleaned many valuable hints from it, I feel, perhaps, that you or some of your many correspondents can suggest some remedy for a slight cast in our little boy's eyes. He is only thirteen months old, but from infancy has had the bad habit of looking over his head ; and we think that must be the cause, although we prevented him from doing so as much as possible. About

two months ago I noticed that he turned the left eye in very slightly ; but no one else noticed it, until lately it became much worse, and the other one is slightly affected, too ; so the trouble is quite noticeable to all. The family physician says the eyes may come right after the teething period is over, and, any way, the nerve can be cut ; but in the meantime I am very much distressed, as he has lovely, bright, dark brown eyes. Any suggestion will be gratefully received by

AN ANXIOUS MOTHER.

Toronto, Canada.

This is evidently a mild case of cross-eye. We are having prepared an article on the subject by a competent hand, which will appear next month, or soon after, and which will doubtless give much information that will assist you. In the meantime we should say that the treatment of cross-eye is quite outside of domestic practice, and its wise management requires the advice of a physician familiar with eye diseases. In your city there is no lack of such.

#### A Salt-Embezzler of Three Summers.

To the Editor of BABYHOOD :

I would like very much to know your opinion in regard to a few things concerning my little girl, three years old. She is apparently healthy, but I am very careful about her diet. I suppose you will think my questions foolish, but I feel ignorant and am anxious to be enlightened.

She is *very* fond of common table salt. I am sometimes obliged to punish her to keep her from eating it in great quantities. Is it injurious ?

Is pop-corn good for her ? Is sage-tea ever beneficial ? Are nuts hurtful ?

I enjoy the "Kindergarten at Home" articles very much. Our little girl sings one of the songs given remarkably well, *we* think, considering her age.

MRS. E. A. R.

Manson, Iowa.

Your questions are far from "foolish." A good deal of salt may be eaten without harm except the exciting of thirst. Just what quantity is harmful in any given case cannot be definitely stated. The best way is to give the child a liberal allowance and not allow her to take it herself. Keep run of the amount and watch for symptoms, and if you find any that you think probably due to the use of the salt diminish the quantity. The exact amount meant by "great quantities" of course we do not know, but the taste and desires of different adults vary greatly, and there is no reason why those of children should not.

A little pop-corn thoroughly chewed is not harmful, but if not well chewed it often proves difficult of digestion and excites flatulence.

Sage-tea is sometimes of use medicinally. It was anciently held in high esteem, but is now chiefly used in domestic medicine. It makes a good gargle, especially with the addition of alum and honey. It is also useful as a tonic to the stomach when there is flatulence, and sometimes

allays nausea. Made weak it is a grateful drink to many persons in fever.

Nuts are often hurtful by reason of their indigestibility. They should, if possible, be kept out of the way of young children.

#### Problems Preparatory to Travelling.

To the Editor of BABYHOOD :

My little girl is six months old, just cutting her first tooth. I feed her cream twice a day, according to an article in BABYHOOD, and nurse her the rest of the time, though I am not strong, and would not be able to keep up without the aid of medicine. But Baby is fat, strong, and well.

1. In what month would it be best for me to wean her ?

2. When shall I put her into short clothes, and how ought I to dress her ? also what difference shall I allow for winter clothing ?

3. During what months would it be best for me to take her for an extended visit to Wisconsin ? I wish to visit several cities ; what ought I to feed her during this trip ? If BABYHOOD will answer these questions it will greatly oblige

A NEW AND INTERESTED READER.

Toledo, O.

1. Wean her not later than June, and you may do it earlier, in part or wholly.

2. We presume that in your section settled, comfortable weather cannot be expected before May. At all events let the probable temperature rather than the name of the month guide you. You should not make the clothing lighter at first, only shorter, and lighten it as warm weather comes on. Keep the legs warmly dressed always.

3. May and June would be the best for travelling, but they may be the months given to weaning. Travelling with a baby is not easy at best, and the difficulty is usually much increased if Baby is being, or has just been, weaned. You must therefore consider whether the extra care required at that period will not destroy the pleasure of your journey, and decide accordingly.

#### Perspiring Feet.

To the Editor of BABYHOOD :

I am a new subscriber to your magazine, but have already found much valuable information in the numbers I have received. Am much interested in the Kindergarten series.

My little girl, aged four, perfectly healthy apparently, is well clothed with woollen stockings and stout shoes, but each night her stockings and shoes are damp with perspiration. I am sure it cannot be because her feet are too warm, for our home is in the country and the floors are not over-warm. Can you suggest the cause and cure ? Though she never complains, it would seem as if her feet must be cold from the dampness.

MRS. B.

Newtown, Conn.

Perspiration of the feet is sometimes a personal peculiarity the cause of which is not easy to discover, or is practically impossible to re-



move. But as a common cause is an imperfect circulation, it is always well to search for anything that may retard the flow of blood from the feet. See if the stockings and shoes are wide and easy, as well as thick; see if there is any undue tightness at the knee, etc. Watch if the palms also perspire when covered by mittens; if so, it will show that the peculiarity is a general one, and not confined to the feet. It may be noted that people of the "rheumatic" habit are thought to perspire more than others.

#### Tardy Teething.

*To the Editor of BABYHOOD:*

1. Will BABYHOOD please tell me if a seemingly healthy baby of thirteen months having but six teeth is slow in teething? The teeth are all incisors.

2. Also, how soon is it safe to feed a weanling of above age well-cooked (boiled or baked) potato?  
*Hedrick, Iowa.* L. W. B.

1. Yes, he is slow.

2. Not until he has teeth to chew his potato well. In our opinion, potato should not be given early. You will find much information in Dr. Holt's article on the diet of weans.

#### Doubts Concerning a Rash.

*To the Editor of BABYHOOD:*

I cannot tell you how I appreciate your very valuable magazine; and, in the hope that it may be of like service to others, I do not neglect the opportunity of securing a subscription to it from all the mothers of young children with whom I am acquainted.

I shall be very much obliged for a little advice about my baby-boy, who is almost three months old. He is troubled very much by a rash which is spread all over his head and face. Toward evening it itches terribly, and it is impossible to get him to sleep between the hours of 5 and 11 P.M., at which time he is very irritable, rubbing his head vigorously against anything which comes near it, not even being able to nurse quietly, but trying to scratch himself on my arm and clothing. I have an abundance of milk and nurse him entirely. He seldom has more than one movement a day from the bowels, but looks healthy and weighs sixteen pounds. He has never been out of doors yet, owing to the changeableness and severity of the weather; but he has a well-ventilated and sunny nursery in the day-time, and an equally healthful sleeping-room at night.

1. Do you think it would be safe for him to go out with this rash upon him, or that he would be any better for going out?

2. When would you advise having him vaccinated? By answering the foregoing questions you will confer a favor on

*Brooklyn.*

AN APPRECIATIVE READER.

We cannot, on the description given, form an opinion as to the kind of eruption, and therefore cannot suggest remedies. We suspect, however, that his constipation may have something to do with causing it. If the baby's bowels can be regulated (through yourself, if you are also constipated, or by gentle measures if not), probably

he would be benefited. Very likely sponging with warm water made very slightly alkaline with soda would be a comfort to him, or perhaps the use of toilet or talcum powder would be. But do not try too much without the advice of a physician who can see the eruption. Your two questions we may briefly answer:

1. He will not be harmed, and probably will be benefited, if taken out in arms in the sunny part of all mild days.

2. He should be vaccinated directly, unless the physician thinks the eruption is of a kind to make delay advisable.

#### Methods of Lifting the Baby.

*To the Editor of BABYHOOD:*

Will BABYHOOD please tell me how a child should be lifted? The article on "Pigeon Breast" says it is common to lift Baby by placing the hands under the arms, but does not say *how* to lift him. I have lifted my baby in that way, thinking it better than to lift by the arms. He is not pigeon-breasted, but I would like to know the best way. C. C. S.  
*Fort Wayne, Ind.*

You have, perhaps, misconstrued the article, which spoke rather of unnecessarily "pressing the palms of the hands against the sides of the chest" when lifting from under the arm-pits. Doubtless the ill effects of thus lifting a child may be exaggerated. It will not hurt a well baby to lift it properly in that manner, and it should certainly not be lifted by the arms. If a child has any considerable degree of rickets its chest will very probably be tender, and it will cry if so lifted; and if the rickets were advanced doubtless it would be easy to produce the green-stick fracture often seen in such children. But the pigeon-breast deformity is not confined to the upper part of the chest where the hands are applied; it extends below as well, and consequently it is doubtful if this lifting is a cause. Certainly there are other efficient causes.

To answer your questions more specifically: a baby can be best lifted from a horizontal position by putting one hand under the neck and shoulders (or shoulders alone after the neck becomes strong) and the other under the hip or seat. And it is always well to support the back when practicable. It often will, however, be necessary to put the hands for a moment under the arm-pits. When a child is believed to be rickety, it is well to let it remain horizontal as much as possible, and it will indeed usually be content to be left so.

#### Oatmeal Apparently Disagreeing.

*To the Editor of BABYHOOD:*

I have been giving my baby-boy, nine months old, besides natural nourishment (of which I have a very



inadequate supply), milk of one Jersey cow, diluted one-third, and for the past couple of months adding strained oatmeal two or three times daily.

Noticing a rash coming over all parts of the body, I thought it due to the oatmeal. Being advised by some friends to try farina, I thought I would ask your advice, and how to prepare it. Or could you suggest anything better? He is in splendid condition, weighs twenty-five pounds, and has six teeth.

Chicago.

MRS. C.

You had better try barley-water in place of oatmeal gruel.

### Is She a Lilipution?

To the Editor of BABYHOOD:

I have a little daughter who will soon be one year old, and who weighs but nineteen pounds. All my friends exclaim at her smallness, and I write to ask if you consider her so much undersized as to cause alarm. She seems perfectly well and fairly plump, only so small. I still nurse her, but fear that, while my milk is sufficient in quantity, it may lack in nutritive properties, so have tried feeding her, but she absolutely refuses to take anything but the breast. Have tried milk and water, Mellin's Food, and preparations of cereals mentioned in BABYHOOD, but cannot get spoon or bottle between her lips. She drinks nicely from a glass when thirsty for water, which is but seldom. Can you advise me what had better be done to induce her to take food? Would you starve her to it? It is not that she dislikes any particular kind of food, but *everything*. She fights against medicine, whether liquid or in powders, in the same way, and against water unless very thirsty. I am worried about her size, and would be very glad if she would take food which would increase it.

A PERPLEXED MAMMA.

Cleveland, O.

If nineteen pounds is the actual net weight of the child she is not so very small. If her clothing was included in the weighing the real weight is a matter of surmise. At a year old she ought to be weaned, and she will, under the pressure of hunger, take food. Many children, whether suckled or not, have the same dislike to change that she has, and will insist on being bottle-fed, for instance, until they are three years of age or older. The "absolute refusal" of an infant to take food amounts to little. Absolute patience and insistence on the part of the mother are sure to win. The point is therefore to choose a good food—good milk and water is as good as any for a healthy child—and adhere to it, unless you have reason to believe that it disagrees. Simple reluctance to take it is not enough. You will save yourself trouble and anxiety if you can get some proper person from whom this child will not expect breast-milk to superintend the weaning.

### Contagion by the Fever Thermometer.

To the Editor of BABYHOOD:

I have recently had occasion to call a physician to one of my little ones, and noticed that during his examination, in taking the temperature of the child, he placed a thermometer in its mouth. It occurred

to me at the time that this practice might be a prolific source of contagion, for a new thermometer cannot be used for every child, and if one be used upon a child suffering with some contagious disease, and then again upon a child suffering from a fever induced by an ordinary cold, why could not the instrument serve as a means of spreading contagion? Will you be kind enough to enlighten an anxious mother, and oblige,

MRS. M. H.

Orange, N. J.

If there were any disease with a manifestation in the mouth or throat—for instance, diphtheria, scarlatina, or measles—the contagion could probably be carried by means of the thermometer. But physicians, being well aware of this, usually disinfect a thermometer so used, and in any case rinse a thermometer in water before putting it into the mouth, or after taking it from the mouth, for the sake of tidiness, if nothing else. We presume your physician is equally careful. Probably the thermometer had been washed after its last using.

### Condensed Replies to Various Letters.

*A Young Mother, Mt. Vernon, N. Y.*; *A. B. H., St. John, N. B.*; *C. A. N., Boonton, N. J.*; *Mrs. J. S. T., Udall, Kansas*; *E. H. B., Branford, Conn.*; *Investigator, Mt. Auburn, N. Y.*; *M. B. C., New York City*.—Your questions, all essentially the same, seemed to demand more extended treatment than could be given to the Problem Department, and Dr. Holt's article, in this issue, is designed to meet your needs and those of many others.

"A. 30."—You apparently are not familiar with the back numbers of BABYHOOD. They have uniformly advised against the use of powder for babies' toilet. The use of powder comes in when the skin is irritated or excoriated. Under such circumstances it is often very useful, and our personal preference of powders generally kept for sale is for the "Compound Talcum" (powdered talc), which does not sour.

*K. L. M., Sonoma, Cal.*—Your plan of trying to keep down the catarrh by hygienic measures is good as far as it goes. Dr. Delavan's article in the January, and that on scrofula in the February number will help you in all probability.

*Anxious Mother, Crab Creek, Washington Ter.*—You are quite right not to give the baby beefsteak and potatoes. Read carefully the article on the diet of weaned children in this number, and you will find your questions already answered.

*Perplexity, York, Pa.*—We have not the space to publish your letter at length, and must answer in the "condensed" column. (1.) Your dilemma about the sleeping times of the two babies is a hard one. There is no easy way out of it. The best way to our mind would be to put the elder baby to sleep in a room away from the younger, where the crying of the latter cannot wake the former, or the reverse. In cases of di-

rect collision, other things being equal, the elder should give way, as the new baby probably needs its sleep more. (2.) The bottle-of-milk question will be settled just when you choose to settle it. She will wake for the milk just so long as she knows she can get it by crying for it. Whether it is worth your while to settle it while No. 2 is so small, and while you do not wish to lose the rest necessary to the victorious campaign, you must decide for yourself. When you do wish to end the matter let the father take No. 1 into another room for a few nights, and keep No. 2 with you. A child of her age does not need night feeding, and would probably be better without it. This leads us to a second point. No. 1 is under two years of age. Her diet is rather promiscuous, so far as we can judge, since "she eats heartily of almost everything we give her: corn-starch, baked apples, *meat* (of which she is extremely fond), bread and milk; sometimes will eat a few vegetables, but will not eat oatmeal, crushed wheat, or anything of that kind; is fond of boiled eggs." Such a diet is quite incongruous with the idea of bottle-feeding between meals. If she were denied many of the things mentioned she would probably take more kindly to the cereals, and she would probably sleep better. Her sleep at night, of course, would be better if her afternoon nap were not so very long. A child near two years of age can no longer sleep the majority of the time. (3.) Bed-wetting is often a very hard thing to manage. But in the present case it is directly invited by the use of the bottle of milk to put the child to sleep with; so long as it is continued double napkins must be used. (4.) BABYHOOD has frequently commented on the meaning of the perspiring head in babies. You can mitigate it somewhat by having a cooler pillow; hair is best. The combination of head-sweating and constipation should lead you to consider if Baby's nutrition is just right.

*Mrs. M. F., Hyde Park, Vt.*—The remedy you ask about is a nostrum, the composition of

which is kept secret except so far as an enumeration of its constituents (quantities not stated) on the label gives it. Granted that its label is truthful and the proportion of the active parts not excessive, it would be safe for occasional administration. We could not recommend it for habitual use.

*F. J., Eastman, Dodge Co., Ga.*—The causes of poor sleep are so multitudinous that we cannot even make a guess in the case of your boy. The things we should first inquire into would be the state of digestion; state of bowels, constipation or otherwise; freedom of upper air-passages, nose and throat; facility of passing water, whether phimosis exists or not. There are many other causes. Follow up the clues suggested, and call the wisest physician in your neighborhood to help you if you fail.

*C. S. H., Brooklyn, N. Y.*—(1.) You will probably be obliged to abandon your bought food altogether. The monthly nurse's opinion as to the laxative effect of oatmeal gruel was well founded, but its action was probably counteracted by the other food. The gruel with milk and water (or thin gruel used in place of water in the mixture), using the top milk to secure a larger proportion of cream, will probably do better. If it fail try one of the more laxative foods, Mellin's, for instance, or Loefflund's Liebig's Malt Extract for an occasional meal, using it much or little, as is needed. The suppositories are not harmful and are preferable to constipation surely. (2.) The diet of the two-and-a-half-year-old boy is essentially right; rather more sweets than would be ideal. He evidently is a very capable eater, his bill of fare being about equal in amount to that of the average adult. You will find the matter more fully discussed in a special article elsewhere in this number.

*Mrs. G. L. A.*—There is no probability of the peculiarity of the spinal column being repeated in another child. The nature of the defect need not be discussed here, the practical facts being all you desire to know.

## BABY'S WARDROBE.

### Darning.

DARNING is a necessary evil, and as long as little feet and chubby knees are encased in pretty hosiery, mothers, aunts, and grandmothers will be engaged in repairing damages. To those to whom the task is new the following is addressed, although some of the hints were given the writer after years of mending:

The first aid to darning is to change the stockings as soon as a break occurs, if possible, for in no department is the "stitch in time" more helpful. A place for the clean stockings between the laundry and the bureau is another

saving of time and temper. All the clean stockings should be looked over, and those not in need of repair rolled up and put away.

Run the hand into the stocking, stretching and rotating it to discover the weak spots; then, if sound, take the tip of the heel between the thumb and finger, and with the other hand turn the leg down over the foot, inside out. This will show at a glance which ones do not need the mending.

A small object inside the stocking to hold the opening in position is almost indispensable, as the recurring threading of the needle calls

for the withdrawal of the hand so often. Wooden articles for the purpose are sold in fancy-goods establishments, but are open to the objection of splintering under the needle, and thus becoming rough ; a china nest-egg is good, but in a long experience the writer has found nothing so pleasant to use as a tiny pear-shaped gourd, dried. The texture is very close, the weight is *nil*, and the narrow end forms a most convenient handle.

But have something, if it is only an individual butter-dish. Slip this into the stocking, which should be right side out, trim the edges of the hole, and thread a long eyed needle with cotton or wool to match the color. Never knot the thread, but draw it through two or three stitches with care at the first. In working toward the edge of the opening, point the needle toward the outside of the stocking ; in coming back point the needle toward the inside, and the edge will then be held between the alternate threads and lie perfectly smooth. In ordinary work basket-weaving is the most satisfactory method of filling the vacancy.

The following scheme, used in convents, will be found useful in some cases, as it looks well and is very strong : Trim the edges smooth, and draw threads from side to side as for basket-work ; then begin at the upper left-hand corner and work in chain-stitch, taking up the cross-threads one at a time ; make the next row parallel to this, and so on till the hole is filled.

Where a dropped stitch has run down, as it is so apt to do in silk or Lisle-thread hose, it can be carefully taken up with a very fine crochet-hook, and will be invisible when done.

Knitted stockings which are so worn at the knee as to be worthless can be cut off and knit *up*, and will not show.

Then there are the rents in small garments otherwise perfectly good ; how to mend them most inconspicuously is a problem. Take a hint from " Little Mistress Thorne," of " East Angels," and try ravellings. This was a very great surprise in the ease and efficacy with which it could be done.

Hair is another useful fibre, as it is finer than silk and does not fray ; but, of course, it does not match every shade.

Glove-fingers should be turned wrong side out and sewed over and over with *thread* to match ; silk does not wear well. A hole in the

kid or dogskin can be filled very handsomely by buttonhole-stitching around and around, the second row, of course, caught in the stitches of the first.

HELEN A. LEE.

*Rockford, Ill.*

#### Quilt and Pillow Case for Child's Bed.

THE quilt-case, though largely to be found abroad, is but little, if at all, known in this country, yet much to be recommended, not on the score of beauty alone, but of cleanliness as



well. It consists of a sheet of muslin or cambric the exact size of the quilt, and added to this a plain or embroidered lace-edged border, with mitred seams at the corners, so as to fit smoothly over the edges of the quilt. The border is provided with button-holes, which close over buttons sewed to the quilt. The manner of arrangement is plainly indicated in the illustration, which at the same time shows a little pillow-slip to match the quilt-case. Such a set forms a very ornamental outfit for a child's crib. The manner of decoration may be infinitely varied.

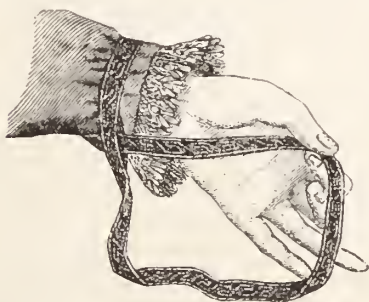
#### Sleeve-holder.

THE sleeve-holder presented in the accompanying illustration is an invaluable assistant in the drawing on of children's aprons, or any outer garments with sleeves, as it prevents the running up and puckering of the inner sleeve, so productive of discomfort to the little wearer. It is about an inch wide and three-quarters of a yard long ; may be simply made of a strong ribbon or crocheted in any firm stitch. Sew the ends together ; lay into the shape of the figure 8, and fasten a strip at the point of crossing, thus constructing a sort of noose, which will slip over the hand and can be tightened over the sleeve at the wrist. The other end is held firmly in the hand, and by this means keeps the



sleeve snugly down during the process of drawing into the upper sleeve.

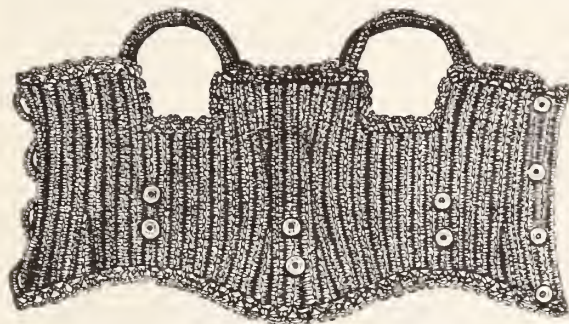
Another sort of sleeve-holder, very much to be recommended, is made of nickel on the principle of a tweezers, the sleeve being inserted between the latter, which open and close by a spring, the ring at the other end to be drawn



over the thumb or held firmly in the palm. In shape it resembles a pair of scissors. These are to be had for five cents at the notion counters of most of our large stores.

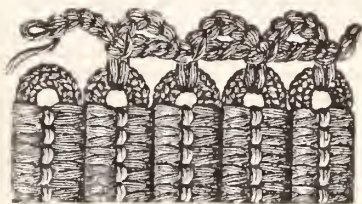
#### Crocheted Corset for Little Girls.

THIS corset is crocheted of red knitting-cotton over red cord, and measures twenty-three inches around the waist. It is pliant and durable, well repaying the small trouble of its construction. For the first row, leaving out all preliminary casting on of stitches, crochet 82 half stitches over the cord, and crochet 9 more



rows in like manner, picking up both upper threads of stitches in preceding row. In the 11th row the hip gore begins, for which work 14 stitches over cord, 3 without cord, and, going back one chain, 2 stitches without, and 14 again over cord. All the following short, interpolated rows are to be graduated off 3 stitches without cord, in like manner. Now crochet 2 rows

across the entire length of 82 stitches again, then a short row of 28 stitches up and down, and again 1 row across the entire length, when now the middle of the gore is reached. Crochet in reversed order until the gore is completed, after which work 10 rows evenly of 82 stitches each. Now leave space at the top for the arm-hole by working 20 rows of 64 stitches each. In the row now following add 5 stitches over cord in order to attain the front length of corset, consisting of 69 stitches. After working 7 rows



evenly, shape in the following manner, interpolating short rows at top and bottom alternately: 1 row up and down of 30 stitches at the bottom, then 1 row across the entire length; a like double row of 30 stitches at the top, again 1 row across; a short row of 18 stitches at the bottom, 1 row across; a row of 18 stitches at top, 3 rows across, and now half the corset is completed. The other half is crocheted in reversed order, the button-holes being formed in the last row by skipping 5 stitches, working 7 or 8 only over the cord.

The shoulder-straps, measuring about  $8\frac{1}{2}$  inches in length, consist of 4 rows each. The upper and lower edges are finished off in the manner clearly shown in the cut of edging. Buttons at the sides and in front serve for the fastening on of the little undergarments.

#### An Opinion on the Winter Nightgown.

I AVOID buttons hurting a baby's back by fastening garments in front.

When a child gets old enough to kick off the clothes, instead of buttoning the night-dress together at the bottom I cut it with legs and whole feet, and put an elastic or ribbon loosely around the ankle. This not only avoids confinement of the limbs and all possibility of bare feet, but prevents the rubbing together of the bottoms of the feet, which some physicians consider a cause of bow-legs.

S.

Templeton, Mass.



## THE MOTHERS' PARLIAMENT.

## Early Good Breeding.

To the Editor of BABYHOOD :

At how early an age may children be taught good manners?

"Not before they are ten, at least," the answer should be from most parents, provided their theory accords with their practice; for very few children under that age seem to have been taught the ordinary forms of good breeding.

And yet if we would only consider for a moment how much gentler the baby is than the older child, how much quicker to receive impressions, and how much more apt to repeat what he hears from father or mother, we surely would not allow this tender season to pass by without paying any attention to the baby's manners.

And by manners I mean in this case only the more simple forms of politeness which may be taught a child as easily as his own name.

*"Please is but a little word,  
And thank you is not long,"*

is a couplet which was often repeated to me in my childhood when I transgressed against the laws of politeness.

Many a parent who is fond of quoting by the hour the smart sayings of her darling would smile incredulously if asked to teach the little one to preface his requests by "please," or to say "thank you" for a favor received. "The child is not old enough to understand such a form of speech." But why not? The same child will readily learn all the peculiarities which distinguish his mother's diction and all his father's slang expressions.

My own little John, eighteen months old, is very fond of bringing me any little thing which he may find on the floor. I have always made it a point to say "Thank you" whenever I have taken anything from him. Lately he has repeated the word after me. "Sanke," he says softly as he turns away. The other day when I handed him a cracker he looked up in my face and said: "Sanke'." He learned the use of the expression by means of the same observation which is teaching him some new word every day. What is to prevent his always replying in this way if he is not allowed to forget it? And yet we all know how almost every child of seven, eight, or ten years old has to be prompted to

say "Thank you" after receiving something from a stranger.

BABYHOOD has already spoken in favor of children saying "Yes, ma'am," and "No, ma'am"; but it may not be amiss to mention the subject once more in this connection. Parents are proverbially apt to be deaf to any discords in the speech of their own nurslings; but to an outsider, and especially to one who has never been so fortunate as to possess a little boy or girl, the loud, rough "Yes" or "No" of a child has a rasping effect upon the nerves which can never be removed by any prettiness or brightness belonging to the offender. Nevertheless most parents not only neglect to teach their own children to be polite, but even affect a contempt for the well-behaved children of other people (for such are occasionally to be seen!), often saying that such children are "forced," and that they "would not have their children repeating such phrases like parrots." With singular obtuseness they fail to perceive that a polite little boy or girl is an object of pleasure and admiration to all *excepting* the parents of ill-behaved children.

Then let us teach our children good manners and, as they always learn more quickly by example than by precept, let us be polite to them, until "thank you," "please," etc., have become such household words that the little ones will need no prompting when they appear in company.

AGNES N. DALAND.

*Leonardsville, N. Y.*

## An Antidote for Childish Fears.

To the Editor of BABYHOOD :

I have received so much benefit from the experience of other mothers, given through your columns, that I feel inclined to give my own on the subject of the "Boogar Man," in the hope that it may help some perplexed mother in like circumstances.

Carefully as we may protect our little ones, it is almost impossible to prevent their hearing stories and seeing sights we would wish to keep from them. Sometimes the trouble comes from servants and nurses; sometimes from other children in their walks or in their plays.

My little one, a trifle over two years, startled me one night by crying and clinging to me in

evident terror, saying the "Boodie Man" was coming to eat him up. I was greatly troubled at first, dreading to have his childhood shadowed by such a nightmare. I thought over it a good deal, and then decided upon and carried out the following plan, which has been entirely successful. I resolved that the next stranger that came to the house should represent the "Boodie Man." Then, whenever he spoke of it, I assured him that I knew the "Boodie Man," and liked him very much; that he was coming to see papa, and would tell my boy nice stories and, perhaps, bring him some candy.

The opportunity came soon after. I told my friend of my dilemma, and, after supplying him with candy to be judiciously administered, called my boy, and told him here was the "Boodie Man." Of course, my friend made himself as entertaining as possible, and at the first interview did much toward establishing friendly relations; although there was still some fear manifest on the part of the child. I never introduced the subject, but whenever it was mentioned by my little one took care to speak in the same strain. A present of a kitten from the dreaded being heightened the good impression, and he soon ceased to be a bugbear. A few visits, with a little candy each time, completed the cure, and I am sure nothing could now disturb his faith in the goodness of the "Boodie Man."

*Waltham, Mass.*

G. F. L.

#### A Persistent Case of Holding the Breath.

*To the Editor of BABYHOOD:*

I would like to tell "C. R.," who speaks in a recent *BABYHOOD* about her little girl's habit of holding her breath, that she exactly describes what I have been through with my little girl in that respect. In March, 1885, at the age of eighteen months, she had the first one of the strange fits, resulting from a fall which startled her slightly, causing her to cry. I will not enter into details, because "C. R." relates, almost word for word, what happened with my baby. It frightened me terribly, but, no more fits following, I almost forgot the occurrence, and Bertha, though very delicate-looking, was in perfect health, and doing well with her teeth. But two months later she again seemed to acquire the habit; and for a few weeks had these really frightful spells very often, sometimes two or three a day.

I remember one Sunday when my husband and I devoted the entire day with unceasing effort to her amusement in order to prevent any

crying, as the very slightest would end in a "spell." How I can sympathize with "C. R.!" Our physician was inclined to view the matter seriously, perhaps fearing some brain trouble, but nothing was done more than to keep her as quiet as possible. After a week or two she had one more attack, causing much disappointment and anxiety, for we hoped she had gotten over them. And then the very last she ever had occurred in January, 1886. She was rather tired, it being near bedtime, and in running tripped and fell, and was quite startled, perhaps provoked, by it. She began to cry, we not paying much attention, until, to our dismay, she kept on and on with the short, spasmodic cries, again ending in holding and losing her breath. I am thankful to say that this was our last fright, and she is now a large, healthy girl of three years.

I am inclined to think now that these "spells" are not so serious as they look to be, excepting, perhaps, for the strain on the child's nerves, and there must be some effect in that way. I don't see how any one could punish a child when the little thing seems to have almost lost its frail hold on life. We used to blow hard in Bertha's face, which appeared to help her regain her consciousness. I can't make up my mind that she used this method to obtain desired objects, presuming on our fear, as some people told me was the case. She was always frightened and weak after a "spell."

I would tell "C. R." not to wear herself out with anxiety, yet to try and keep the little girl as happy and free from fretting as possible, till she outgrows her spells, for I feel that outgrowing is the only cure.

M. B.

*Salem, Mass.*

#### One Aspect of Thumb-Sucking.

*To the Editor of BABYHOOD:*

In the discussions on thumb-sucking which have appeared in *BABYHOOD* it seems to me that one of the most important results has been entirely overlooked, and that is the effect upon the teeth.

My baby began to suck her thumb when about six months old. She formed the habit so gradually that it became confirmed before we realized it, and then so many friends assured us that it was "the sign of a good baby" that we did nothing to discourage it. From that time until the baby was two years old she never went to sleep without her left thumb in her mouth and in her right hand a soft towel; and even in the

day-time she found comfort in the same way. At this time we noticed that the front tooth on the left side was growing crooked, being pushed outward by the pressure of the thumb.

Upon consulting my dentist, I was told that if the habit were continued the result would be a crooked jaw and protruding teeth for her lifetime. He said: "I could point out hundreds of cases of men and women with crooked, projecting teeth caused by thumb-sucking in childhood, and the mothers are accountable for it." I felt guilty, and went home determined that the evil should be rooted out at once. How should I go about it? One suggested tying up the offending member, and another the application of bitter aloes; but I decided to reason with my baby first. So I took her in my arms at bedtime and talked it all over with her, dwelling upon the fact that big girls never sucked their thumbs, and she was going to be mamma's big girl, etc. She listened with wondering eyes, occasionally interrupting me with a childish question, and finally, to my surprise, fell asleep on my arm, resolutely keeping the tiny thumb out of her mouth, without a tear or a word of protest. The victory, however, was not won in a single night, though now, at the end of a month, the habit is entirely overcome.

A different plan of action might be necessary with other children; I am giving only *my* experience.

J. B. R.

*Phillipsburg, N. J.*

#### Sympathy with the Children's Nurse.

*To the Editor of* BABYHOOD:

I was glad to see the plea for more thoughtfulness toward our nursery girls in the little editorial in the February *BABYHOOD*. It seems to me it is much needed, for if we look upon our nurses more in the light of helpers than of servants, and trust them more, while trying to be watchful, I think we find that the better class of them respond, and both they and we are happier and have a better mutual understanding. I have had a fair amount of experience, and have been much more impressed with the patience and faithfulness and love of nurses for their charges than the contrary. When I see how quickly I, with the mother's love, get impatient, I wonder that they, without it, are so patient. I have always maintained that, unless

I was out in the evening or had callers, my nurse should feel that the time between the babies' bed-time and her own was hers, not subject to call if the children waked; and, though sometimes it has been a hard rule to carry out, I have held to it pretty faithfully. I think the freedom of that two or three hours is worth much to them, and fits them for the night care if one of the babies sleeps with them. Of course in some families my plan could not be carried out; but by a little thought on the part of the mother could not the nurse have a little time each day which she could call her own, or at least some change of occupation which should be a partial equivalent for a rest?

F. D. D.

*Jamaica Plain, Mass.*

#### Anxiety about that Baby.

*To the Editor of* BABYHOOD:

The article headed "A Baby's Plea" in your February number seems to me calculated to do such actual harm that I trust I may be allowed to say a word about it.

The idea of that father seems to be that punishment is a sort of parental vengeance, and therefore not to be indulged in if the parent is not faultless, upon the principle of the saying, "He that is without sin among you, let him first cast a stone." But is there not a difference between the stoning to death of a woman and the punishment, not necessarily corporal, of a little child by its own parent? Because the father in this case indulged in a fit of ill-humor, therefore the child is to disobey with impunity, and the father doubts if it will ever again be punished! In other words, the child is to grow up free from wholesome discipline because his father does not find that he himself is perfect!

The faults of us parents, which we often find hard to control, should have the effect of making us especially anxious to help our children by our reproofs and mild discipline to do better than we in the future. The fact that they will be likely to inherit the said faults is a double and triple reason for our doing our very best to give them such help; but if our own faults, on the contrary, prevent our trying to cure those of our children, then indeed the case is hopeless. Evil rather than good must gain the ascendancy in our families, and the faults of each generation be passed down to the next.

*Jamaica Plain, Mass.*

A. P. C.

# THE KINDERGARTEN AT HOME.

BY GRACE C. KEMPTON.

## VI.

### THE THIRD GIFT (CONTINUED).

"As every acorn contains the conditions of the oak, so every child has within him the conditions of the whole manner of human existence."

THE first intellectual consideration of the cube of the third gift led the child to notice its equal faces, edges, and corners, and also the dividing lines by which it is cut into eight small cubes; but the counting of these faces, edges, etc., was not attempted. Now it should be done at every lesson.

The counting of faces and corners is comparatively simple, but familiarity with the twelve edges will come only after patient repetition. Let the counting be always done by opposites and in an orderly, intelligent manner, having each face, edge, or corner touched as it is counted. Let the length and breadth in inches of each face be noticed, developing more surely the idea of their equality. Let the length also of the edges be noticed, and the knowledge of the meeting of two or more edges to form a corner, etc.

In the advanced use of the third gift the elements of fractions are made so clear that children of four or five years become very familiar with

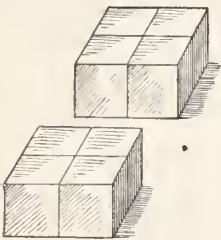


FIG. 1.

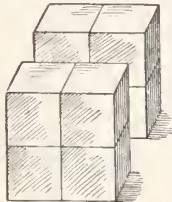


FIG. 2.

them, and have a mathematical foundation laid which must influence their whole education. In first considering the third gift we noticed with the children that the cube was cut through each of its three dimensions once. We now go back to demonstrate this fact and develop the knowledge of *halves* by showing that each of these cuts divides the cube into two *equal* parts. By directing the removal of one, two, or three blocks we show that the cube may be divided into two *unequal* parts, which will not be halves. When

the time for acquainting the child with the cube from this, the mathematical point of view, is reached, it should be a part of each lesson to have the cube divided into halves by each of its three dimensions, first with the right hand, then with the left, and sometimes it may be done with both hands. The directions to be given are as follows :

Divide the cube into halves from top to bottom (Fig. 1).

Divide the cube into halves from back to front (Fig. 2).

Divide the cube into halves from left to right (Fig. 3).

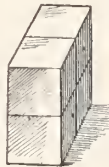


FIG. 3.



FIG. 4.

Other things may be divided at this lesson to make the knowledge more practical and also more sure. This work may be brightened by short stories in regard to halves, which the children illustrate with the cube. Let the stories be very simple, bringing out clearly the point considered, and each with some good influence contained—something that will come home to the hearts of the children and lead them to think and feel more keenly than before.

When the fact that two equal parts constitute halves is firmly fixed in the child's mind, and he clearly sees the three different ways of dividing the cube into halves, he is ready to proceed to the next step and divide each half into halves (Fig. 4), thus changing the cube into quarters. Each half can be divided into quarters by two different ways, making the cut or division from front to back or from left to right. Over and over again this is done, and reviewed often with some little rhyme or story interspersed to keep up the interest and prevent any strain upon the child's mind or nerves. Do not hurry to make him understand. Be content for many a lesson to let him *do* as you say, at the same time stating



briefly what the results are. For instance, he cuts the cube into halves, and says, as he gently replaces them into the whole cube, "Two halves—one whole"; and the same in regard to the quarters.

Let each quarter be divided into halves, giving the eighths of the whole cube, as in Fig. 6. Let the quarters be made both upright and horizontal (Fig. 5). Do not let the child err by thinking the position of the cubes has anything to do with the value of the fraction. For instance, if the cube were always divided into halves in *one* way, he would think that way alone

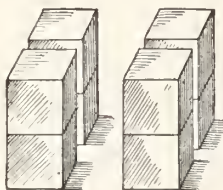


FIG. 5.

constituted halves. To prevent this, not only divide other objects than the cube by every dimension, but divide the cube, then separate each into its four parts irregularly, and show that it is still a half.

By proceeding very slowly and carefully, never forcing one step until the previous ones are clearly established, a knowledge of the rudiments of fractions is acquired—a knowledge which will save the pupil labor and perplexity in later years.

The child is supposed by this time to be able to count up to twelve or further, and from this, by simply combining *thinking* and *doing*, he is given absolute control of the number eight in the use of the cube through addition, subtraction, multiplication, and division, and under careful guidance and constant handling the knowledge is made very practically clear in his mind.

Stories are used often in connection with the number knowledge, and the child is required to illustrate them; or the case is reversed, and the child tells the story, while you, with the blocks, illustrate, he watching to see that you do it correctly.

#### THE STUDY OF MEASUREMENTS.

The matter of measurement is given considerable attention in the use of the third gift. The cube is divided into halves from front to back, as in Fig. 2. You then ask: "How many inches high is the front half? How many inches high is the back half?" (To develop further the idea

of their equality:;) "How many inches broad is the front half?" etc., etc.

One half is placed upon the other. "How many inches high is this wall? How many inches broad?" etc., etc.

The wall is divided into halves, making two strong posts. "How many inches wide are these posts?" The left-hand post is divided into halves. "What part of the cube have you in your hand? What part of the post?"

Place that quarter of the cube upon the right-hand post. "How many inches tall is the left-hand post now? How many inches tall is the right-hand post? How many inches taller is the right-hand than the left-hand post?"

Divide the left-hand post into halves. "What part of the whole cube have you in your hand?" Place that eighth upon the right-hand post. "How many eighths in the right-hand post? How many inches tall is the right-hand post? How many eighths in the left-hand post? How many eighths in the right-hand post? Seven eighths and one eighth make what?"

This would be a very advanced lesson. One would not skip in questioning from inches to eighths, except where there was no danger of confusion. Each step ahead must be taken so slowly, so carefully, that there is no danger of forcing or of taking the child into depths beyond his good.

#### FINGER PLAYS.

A large class of kindergarten plays is that which is made to bring into use the fingers and hands. The hands are made very supple and more ready for manual work by these plays.

Let the child lay his hands upon the table,

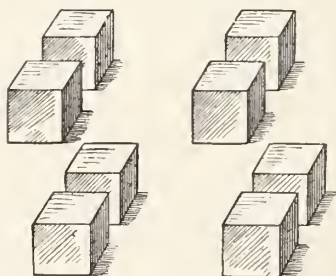


FIG. 6.

stretching out his fingers as far as possible, then relaxing them. Let this be done several times in succession to the directions, "Stretch, rest; stretch, rest."

Also the arms in the same way at the side and in front, also above the head. In the last

exercise care must be taken that he does not strain himself, as he will be likely to if he is too eager in his effort to stretch. The legs may be stretched in the same way, and even the toes, though they are enclosed in stockings and shoes. These stretching exercises quicken the circulation and rest the nerves, besides making the muscles more graceful and ready for work of different kinds.

Many of the prettiest finger plays are in Froebel's "Mother Cossetting Songs." The fingers represent five birds or butterflies, and the



FIG. 7.

rhymes describe their goings and doings. The fingers are woven into a nest; the thumbs, turned inward, represent two eggs, which, during the repetition of the rhyme, are changed into two tiny birds (Fig. 7):

In the hedge a birdie dear  
Builds a nest of straw and hair,  
Lays two eggs so small and round;  
Soon wee birdies there are found.

They call on mother: "Hear, hear, hear,"  
Mother so dear, mother so dear,  
On mother dear, hear, hear, hear.

Madame Kriege says in *The Child*, speaking of this rhyme: "'The Bird's Nest' is made the means of showing the relations to father and mother, and it may also be used to convey to the child first ideas of the protecting care of the Heavenly Father. 'I have based my education on religion, and it must lead to religion,' said Froebel. As we make the young child



FIG. 8.

understand that young birds wait patiently in the nest for the return of the mother, who brings them their food, we teach that in like manner it must learn to trust in its Heavenly Father."

"The Weather-Cock" is illustrated by the hand turning upon the wrist. The verse is:

Like the cock upon the tower,  
Turning round in wind and shower,  
Little children's hands must learn,  
All in play, to twist and turn.

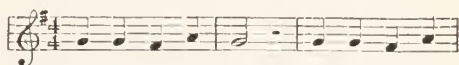
A favorite game is that called "Mowing." Two children, or mother and child, join hands

as in the Fig. 8, swinging to and fro to represent the swaying of the scythe. The rhyme is.

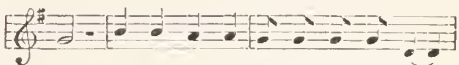
Peter! quick! go out and mow  
In the pretty green meadow;  
Then give the grass, so fresh and sweet  
To the gentle cow to eat.  
Mary! go and milk the cow,  
And make the butter for me now.  
From the milk is made the butter  
Which I get on bread for supper.  
Happy little child am I;  
I must never, never cry.

Peter! quick! go out and mow  
In the pretty green meadow;  
And when this evening, for my supper,  
I sit and eat my bread and butter,  
I must thank you, Peter, for the grass,  
And thank the cow, and thank the lass  
Who milks the cow and makes the butter,  
And for the bread must thank the baker,  
And thank mamma for all, nor let  
My heart a single thank forget.

Some of the finger plays are set to music. One of the prettiest of these is "Thumbkin":



1. Thumb-kin says he'll dance, Thumb-kin says he'll
2. Poin-ter says he'll dance, Poin-ter say he'll
3. Tall man says he'll dance, Tall man says he'll
4. Feeble man says he'll dance, Feeble man says he'll
5. Little man says he'll dance, Little man says he'll
6. All the men say they'll dance, All the men say they'll



sing; Dance and sing, ye mer-ry lit-tle men,  
sing; Dance and sing, etc.  
sing; Dance and sing, etc.  
sing; Dance and sing, etc.  
sing; Dance and sing, etc.  
sing; Dance and sing, etc.



Thumb-kin says he'll dance a-gain.

The action is suited to the word in each verse, the fingers taken in turn to represent the dance.

These plays all have some strong prevailing influence besides their use in exercising and attracting the child's attention to fingers and hand. It may be only the influence of cheerful, innocent play, it may be the bringing to mind the labor and skill of the mechanic, or it may be the relations of man to man and man to God. In one way or another they are made to do good work and contribute toward the harmonious development of the children using them.

## HIGH-CHAIR PHILOSOPHY.



FRIEND of ours who has a large apiary has a four-year-old who is a great lover of bees, handling those of his father's hives freely without harm. One day Willie's mamma saw him playing near a dish of honey, inadvertently left where the bees had discovered and surrounded it. "Willie," she called, "don't meddle with those bees; they will sting you, sure." But Willie had heard that warning for the past two years and no bee had stung him yet, so he disregarded the call. But, alas! in a half-hour he sought his mamma with dismal cries. "Did I not tell you so?" she said. "Yes; but, mamma, it wasn't acquainted with me or it wouldn't have stung me." Doubtless there was much practical truth in Willie's version of the case.—*M., Oberlin, Ohio.*

—Little John, aged two years, was of such a courageous nature that his mother said he feared nothing seen or unseen. His mother related to him the story of the naughty children who said to the prophet, "Go up, thou bald-head," and were immediately eaten up by bears. He listened with wide-eyed and open-mouthed attention. When she had finished he meditated a short time, and then, with an evident determination in his infant mind to test the truth of that story, slid down from her lap, and, putting his head under her dress for protection, said in solemn tones: "Go up, thou bald-head." As no bears appeared, I fear his doubts exist to this day.—*Mrs. A. E. P., Huntington, N. Y.*

—Ethel, aged five, had gone as a visitor to school, where she was impressed greatly with mental arithmetic. Sitting up in her crib, she called out to May, in the large bed near: "May, I want to give you a 'zample. If I had five apples, and you should give me six, how many would I have then?" May (six years): "Oh! that isn't like me at all. If you had all those, I wouldn't give you any."

Frankie, a boy of six, was very fond of listening to poetry, and Longfellow's "Wreck of the Hesperus" had moved his memory, if not his imagination. His baby sister dragged a dish from the table. It slipped from her hands to the floor and broke. At the crash her mother, without speaking, looked at her severely, and the child, a sensitive little thing, burst into loud crying. Frankie looked up quizzically: "She's a 'little breaker,' isn't she, mamma? And the little breakers roar."—*A. D. B., New York City.*

—Georgiana, being refused the privilege of inviting a playmate from over the way, felt decidedly lonesome. "I wish I had been made in two parts," she said. "Why so?" asked her mamma, astonished. "Why, then I could go out, and run up and down, and play with myself," was her reply.—*Mrs. H. K. G., West Chenango, N. Y.*

—Baby was riding out one day, and met a wee baby in its carriage. All babies he dearly loves. After critically contemplating this one, he remarked meditatively: "I dess dat baby's as tunning as lickie Hebrew Moses."—*L. W. P., North Weymouth, Mass.*

—As we sat down to the dinner-table the other evening after a wearisome day in New York I remarked: "How glad I am to get home! The noise and bustle tired me so!" "Jock" (for Jonathan, his grandfather's name) thought for a moment, and then, putting his hand at his back, said very solemnly: "Yes, mamma, you're just like me: your bustle hurts you just as my trousers hurt me." The "trousers" had been worn for the first time under his kilts a few days before.—*A. P. S., New Brunswick, N. J.*

—Mary's grandma had repeated to her one night, when the new moon was just sinking in the west, the poem that describes how the cow jumped, the dog laughed, etc. A few nights later, when the moon was higher in the sky, little Mary again noticed it, and was overheard talking to herself: "The cow 'umped over the moon; pretty high 'ump for her!"

The same child, three years old, examining her baby sister closely, concluded that she had "taken out her teeth and left them up in heaven."—*G. H. M., Fort Davis, Texas.*

—I do not remember that BABYHOOD has recorded a more youthful pun than this. At any rate, this was entirely original: Alice, not quite two years and four months old, has a baby brother. After watching him for a while one night as he was getting his supper, she said: "Hear him suck, papa; him eating succotash." Succotash had been one of the dishes at dinner that day, and Miss Alice had tasted some.—*M. M. W., Eau Claire, Wis.*

—Our little three-year-old, who had listened attentively to the story of Aaron's rod, was buttoning her shoe, when suddenly she said: "Father, if I should throw this button-hook on the floor, and, behold! it became a serpent, would it be an angle-worm?"—*T. L. R., Agricultural College, Mich.*

—Ella H., five years old, was an imaginative child, and was apt to use a little poetic license when she related her experiences; one day, on her return from a ride, she described what she had seen, and among other things she said she saw a calf in a field, and a little squirrel had the end of the calf's tail in its mouth, and the calf ran round and round the field, but the little squirrel wouldn't let go. "Ella Harris," said her aunt sternly, "what do you mean by telling such a story as that?" "You'd better not say much, Aunt Mary," came the instant answer, "or I'll make it twenty calves and twenty squirrels."

Every Sunday morning each of a large family of children that I know was required to learn and repeat at the table a text of Scripture; of course a short text, and one that looked easy, was very apt to be selected, and little George, who had a very bad reputation as a frequent purloiner from the larder, repeated solemnly "Stolen waters are sweet, and bread eaten in secret is pleasant," to the open amusement of the other children and the secret amusement of their elders.—*Mrs. J. M. Trimble, Montclair, N. J.*

—A light rain, which had fallen during the night, had frozen on the trees, and they gleamed and glittered in the morning sun. Molly, who had crawled out of her crib to look out of the window, came running back to her mother, calling excitedly: "O mamma! mamma! dress me quick. The trees have all turned to candy."—*A., New York City.*



# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

VOL. III.

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No. 29.

VANITY often takes root long before its possibility is suspected. While children may often be conscious of personal defects, it is no less true that they may have an exaggerated notion of personal advantages. Beauty of form and feature is naturally a gift coveted by parents for their children, but it is one involving great responsibility. A beautiful child is a joy, though not a joy for ever. Unconscious beauty is a joy as long as it lasts. It is a fact that children often begin at two years to appreciate the value of their good points; at three and four the work of the enemy is complete. For example, we know of a little girl between two and three who has learned that her eyes are lovely. She occasionally uses them like an accomplished coquette. She talks very little, but has most decided preferences as to her adornment, and never fails to make herself understood when the gown chosen for her to wear is not to her taste. Another child, a handsome boy of three, mentioned in a recent letter to BABYHOOD, casts many an admiring glance at himself in rushing past the hall mirror; he has, according to the writer, a "killing" smile reserved for visitors who seem to be pleased with him. He recently asked a friend if she did not think him pretty! Here is an extract from another letter:

"One day I found Annie, a little black-eyed beauty, sitting astride my bed-post gazing with delight at her image in the mirror. I asked why she looked in the glass. She frankly said: 'Cause I like the looks of me!' Jennie, aged three, is unblushing in her devotion to the mirror's reflection, and spends many minutes at

that shrine every day of her life. Her really beautiful curls are her soul's joy, as well as her father's and mother's."

Such vanity is often directly fostered by the mother, who *shows* the greatest solicitude that the child should look its best before others. She fusses over its curls; she begs the little one to smile sweetly, and all the time it is playing its part her anxious eyes follow every movement. Then, too, she spends many hours in planning and talking over the wardrobe of this important being, usually in its presence. She shows her ambition to have her child a little better dressed than the neighbor's. How can a bright boy or girl fail to attach undue importance to his or her appearance among others? Mamma's friends injudiciously praise Lily's hair and eyes, and call her a beauty to her face, or speak of the "stylish cut" of her dress, never thinking that the little mind is more alert and impressionable than it will be twenty years hence.

The educational value of poetry has rarely been set forth more forcibly than in the preface to a recent compilation of *Bedside Poetry*, by Mr. Wendell P. Garrison, who thus introduces his novel "Parents' Assistant in Moral Discipline":

"Do what we will and can, the moral discipline of our children oftenest falls short alike of our prayers and of our endeavor. All those fences with which nature and our institutions have girt them round—parents and schoolmasters,

• Pulpits and Sundays, sorrow dogging sin,  
Afflictions sorted, anguish of all sizes"—



afford no guaranty of protection from evil thoughts or evil ways. Nor will it ever be otherwise. To ground the youth in principle, demands not only all the inherited virtue of the remotest generations of man, but all the appliances which the enlightenment of the present day can devise. The dislike of children for sermonizing ; the imperfect opportunities for it at home ; the want of tact or of the power of expression on the part of parents themselves—these and many other causes combine to make us shift the burden on the secular or the Sabbath school, or to encourage a blind dependence on the force of our own example. The aid of fiction, it is true, has long been sought by Anglo-Saxon parents ; and what Miss Edgeworth, Miss Martineau, and a long line of successors in the writing of moral tales have done cannot be overestimated. Poetry, in turn—witness Ann and Jane Taylor, and still another host of authors and compilers—has been impressed into the service ; but just here, it has seemed to me, was room for the collection whose specific uses will now be explained. Those mothers and, let me add, those fathers who have never resigned to servants the privilege of putting their children to bed know the peculiar value of that hour for confirming filial and parental affection, and for conveying reproof to ears never so attentive or resistless. Sweeter or more impressive relations than those thus established cannot be hoped for in this life. Doubtless in hundreds of happy homes it has occurred to the parents to make a practice of closing the infant day at the bedside with some well-chosen reading as a prelude to peaceful slumbers."

All such parents will welcome this collection of *Bedside Poetry*. The compiler would make the poems directly applicable to the day's conduct, and in this endeavor he furnishes a "Key to the Moralities," which will aid in the selection of verses best suited to certain defects of disposition and behavior. Although the poems address themselves mainly to an audience much more advanced in years than that in whose interest *BABYHOOD* is published, the bearing of Mr. Garrison's remarks concerning the disciplinary value of poetry in elevating mind and morals will not be lost upon our readers :

"There is no particular," he says, "in which our schools and our text-books so fall below the mark as in inculcating, early and constantly, that preference for the noble in literature which is one of the surest safeguards against vulgar temptations and associations. The theme invites a long essay—but not in this place. Patient repetition is the secret of all successful training ; and the Frenchman who advised persistence in calumny, on the ground that some-

thing would stick to the object of it, has pointed the way to similar tactics in a better cause. The parent will soon enough find out that my selections are here and there above the level of the child's comprehension, even if he be well along in his teens. But, frequently conned or recited, even these portions 'will stick' till comprehension overtakes the idea. Meanwhile an opportunity is afforded, by explaining such obscurities as they occur, to enlarge the child's notions along with his vocabulary. Finally, a very rational penalty for petty wrong-doing lies in the compulsory memorizing of good models, whether in prose or verse ; and this discipline can be enforced beyond the bedside hour."

One of the best of *Puck's* cartoons, which appeared in that excellent journal last month, represented the tendency to relegate the old-fashioned fairy stories to the background, and replace them with those of a sterner and more utilitarian order. A boy of eight or ten years sits surrounded with such literature as *Tommy's Adventures in Search of the North Pole*, *The Boy Inventor*, *How Little Willie Discovered Perpetual Motion*, *Logarithms for the Little Ones*, *How Johnny Bought a Farm for \$4.50*, *Science for Little Readers*, etc. ; while in his hands appears *The Boy Stock-Broker*, in which he is deeply absorbed. Approaching him, in imploring attitudes, are figures, all characteristically drawn, of Cinderella, Aladdin, Little Red Riding-Hood, Mother Goose, Jack the Giant-Killer, Blue Beard, Sinbad the Sailor, Robinson Crusoe, etc., saying, "There doesn't seem to be any future for us." While it is doubtless true that much of what *Puck* calls "progress in children's literature" has been made, it is equally true that in many families the traditions of the elders are firmly held to, and some of the most blood curdling of fantastic tales are regarded as classics. Within certain limits, a few of the old tales being retained and some of the new expunged, it is to be hoped that the "progress" will go on ; but in the presence of a host of wholesome and beautifully illustrated stories for children there is no excuse for putting before them any "Logarithms" or "Boy Stock-Brokers." If *Puck* means to intimate that the alleged progress is going backward, we beg leave to tell it that it is

on the wrong side this time, much as we dislike to differ with so esteemed and eminent a contemporary, whose first decade of honorable existence has just been completed, and whose record, in our opinion, entitles it to many more laurels than it modestly represents itself as receiving on the issuing of the number which commemorates its anniversary.

There come before us the tearful face and trembling voice of a dear little one we saw a few days ago, crying in great distress because she had just learned from a teasing brother that she couldn't go to heaven until she was "born again." *Born again!* Can we picture to ourselves the tremendous possibilities this statement, implicitly believed in all its crudity, opened before the alarmed and stricken child? She must lose her parents and her home and be born into new surroundings, with a stranger for a mother and some unknown in place of her dear father. Is it strange that she cried and refused to be comforted at this awful prospect? "I don't *want* to go to heaven; I want to stay with my *mamma* and *papa*." Is there not a lesson here for us? The wisdom of teaching our little ones what they cannot now comprehend, in the hope that its usefulness will commend itself by and by to a more mature intelligence, has its limitations; and, while no arbitrary rules can be laid down, it will be safe to leave the mysteries of creation and the oriental imagery of Biblical interpretation to be explained later. We, with our light, cannot always anticipate the point of view from which the child will look at any truth, such as we conceive it. The half may often terrify where the whole pleases and satisfies in its harmony.

Although BABYHOOD has but recently given its readers an article upon the subject of constipation, it makes no apology for promptly returning to it. The great number of letters touching it that come to the department of "Nursery Problems" shows that this kind of digestive derangement is exceedingly common and the source of very

much annoyance and vexation to mothers or those who have the care of little children. In the article given in this number will be found quite complete and precise directions as to diet and regimen, and some simple medication from which it is believed our readers can usually, if they take the trouble to select carefully, derive something to suit their individual needs. One point may be worth reverting to: that, namely, habitual or prevailing constipation in a child should not be looked upon simply as an inconvenience which is measured by the difficulty of overcoming it; it should be taken as an evidence of some fault of the digestive process which demands inquiry. Usually the cause is faulty food, and constipation is merely the first symptom which will attract the mother's attention and is valuable if it leads her to try to remove the cause. In after-life it is sometimes the best compromise possible to relieve the constipation day by day by the use of laxatives. In infancy the mother should not be content with this until she has done her best to know just what is the error in food that causes the trouble, because the digestive error has other consequences than the mere inaction of the bowels; and in removing the cause all the possible results are likewise relieved or prevented.

We are glad to learn, from many sources, that our series on "The Kindergarten at Home" is meeting with much favor, and is proving what we had hoped it would, just the aid to an intelligent understanding of Froebel's method which large numbers of parents have long wanted, but which, strange to say, has nowhere been given in the periodical form, or, so far as we are aware, in any form so suitable for the progressive instruction of little ones in the nursery. If at any time questions on the subject arise in the minds of readers, we shall be glad to welcome them to the "Problems" department, in common with queries suggested by topics treated in any other part of the magazine. Possibly the series can thus be made still more helpful.

## CROSS-EYES OR SQUINT.

BY CHARLES H. MAY, M.D.,

*Instructor in Ophthalmology, New York Polyclinic; Clinical Assistant at the Eye and Ear Department, College of Physicians and Surgeons, and at the Manhattan Eye and Ear Hospital, New York, etc.*

THE term cross-eyes is one popularly employed to designate a condition in which the axes of the two eyes are not directed toward the same point. It is a provision of nature that, to see an object distinctly with the two eyes, both must be fixed upon it. And we can only see one object well at a time; those outside the point of fixation may be seen, but imperfectly. Hence to adapt the organ of vision to our needs provision is made for their rapid movement in all directions, so that successive fields may be explored with rapidity.

## MUSCLES OF THE EYEBALL.

This mobility of the eyeball is accomplished by means of six small muscles,

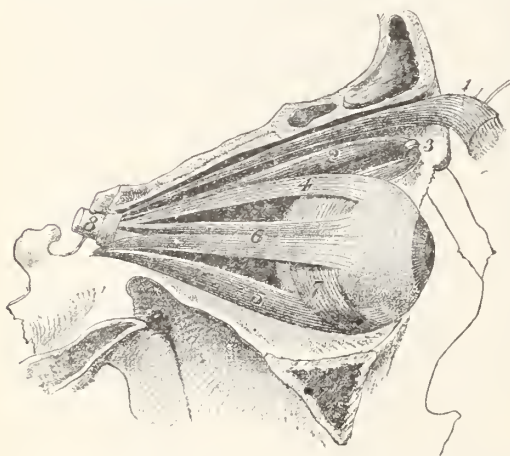
the lids. It is by the action of these that we can turn the eyes at will in any given direction. Another provision of nature is that there shall be harmonious action between the movements of the two eyes; that is, when one eye turns upward the other accompanies it without any effort on our part; when we examine an object held up close, both eyes turn inward, etc.

This, it will be understood, is a necessary provision for distinctness of form and outline; for when we make use of one eye alone everything looks flat and wanting in projection. Thus the experiment may be made of closing one eye and looking at an unfamiliar object, then opening both eyes and noticing the change; the difference in appearance will be marked, and the value of binocular vision become apparent. Having thus explained the muscular apparatus of the eye and its function in vision, the following lines about cross-eyes will be better understood.

## VARIETIES OF SQUINT.

"Cross-eyes," though a popularly accepted term, is an objectionable one, since it does not cover every variety of the deformity which it attempts to define; therefore the term "squint," which is just as simple a one, is better, and covers all cases.

Most cases of squint are those in which one or both eyes are turned inward—"inward, internal, or converging squint"; less frequently, but not at all uncommonly, we find one or both eyes turned outward, and this constitutes the form known as "external, outward, or diverging squint"; rarely we find one or both eyes



1. The muscle which lifts the upper lid; 2. The superior oblique muscle; 3. The pulley through which its tendon plays; 4, 5, 6. Superior, inferior, and external straight muscles; 7. Inferior oblique muscle; 8. Optic nerve.

turned upward, "upward squint," or downward, "downward squint." These are the varieties; but upward and downward squint are so rare that their consideration may be omitted. When it is remembered that many cases of squint are of the diverging or external variety, it will be seen why the term "cross-eyes," which implies that the axes of the eyes cross each other, is defective.

Though some cases of squint are seen in children born so, by far the larger number will give the history that the child was born with straight eyes, and that some years after birth the deformity was noticed to develop. Others may date the appearance of the squint from some severe disease of childhood, some fever or nervous disease. The cases born with the deformity and those developed as a result of nervous and febrile disorders constitute but a small percentage of squint. Most cases will be found to become manifest during the early years of



EXTERNAL SQUINT.

childhood, from the third to the sixth years—at that period when the child is beginning to observe things closely and minutely, instead of in the general far-off way peculiar to the infant.

#### CAUSES.

The statement just made will give a clue as to the cause of the squint in most cases; it is associated with some defect of the optical apparatus of the eye, some change in the eye through which rays of light are not focussed upon the retina, the layer which re-

ceives them, as they should be. Under these circumstances the child, wishing to see distinctly notwithstanding the optical defect, strains the eyes, and this straining is ac-



EXTERNAL SQUINT CURED.

companied by a corresponding use of the muscles of the eye. The explanation of exactly how the use of the muscles is connected with the over-exertion of the eye need not be gone into here, since it would lead us to discussions beyond the scope of this article.

As a result of straining, then, the muscles are constantly being over-exerted. Every organ in the body will rebel in time against an undue amount of work being forced upon



INTERNAL SQUINT.

it, and will, if the strain be continued, soon suffer in structure. So it is also with these small ocular muscles. With the straining of the eyes they are made to contract un-



duly, and soon there follow changes in the strength and integrity of the muscles; one of them, unable to keep up with the extra work, begins to fail and weaken; the opposite one, its antagonist, which moves the eyeball in the contrary direction to the failing one, taking advantage of its opponent, constantly increases its power. Finally we have one muscle very strongly developed and the other getting constantly weaker from disuse.

The result of such unequal distribution will be apparent. The over-developed muscle will draw the eyeball towards its side, whilst the weakened one will not have the power to prevent it; hence the eyeball no longer looks straight forward, but deviates inward or outward, as the case may be. If it is the muscle which draws the eye inward that becomes over-developed at the expense of its opponent, then an internal squint will result; if the muscle concerned in drawing the eye outward is the stronger, then external squint develops. It is also a matter of interest that most cases of internal or converging squint accompany far-sightedness, whilst with near-sightedness we observe most frequently the outward or diverging form.

Cases of squint vary much in degree; the squint may be so slight as to be scarcely noticeable except to a professional eye, or it may be so marked as to form a great disfigurement. Again, cases vary in regard to whether the defect is constant or only present at times. There are cases in which the squint is "periodic"—that is, only showing itself at certain periods and not at others. It may be present when the child looks at near objects, and not when the eye is fixed upon anything in the distance; it may affect one eye only, or both; and again, it may affect one or the other alternately.

#### DETECTION OF THE TROUBLE.

In well-marked cases the recognition of the trouble will be easy, and any one will be able to tell it at once. In doubtful cases, or where the squint is only slightly marked, we can make sure of it in the following manner: Cover the suspected eye with the hand, and

have the child look intently at the finger of the examiner, held in the median line at a distance of twelve or fifteen inches from the child. Now remove the hand which has been covering the eye, and the latter will be seen to have turned inward while under cover, and to roll outward when the hand is removed. Next apply the test to the other eye, and the same result will follow. The value of this test depends upon the fact that a squinting eye, when covered, and thus not



METHOD OF EXAMINATION.

concerned in vision, always will take on the greatest degree of faulty position, whilst under ordinary circumstances the squint would not be so apparent.

We are very apt to associate the condition of squint with childhood, and to find that we discover it much less frequently in adults: this is owing to the fact that the defect is removed in the majority of cases by operation before the child grows up, and not because the trouble is one that disappears with the development of the child. A very few cases are temporary, and may disappear after a longer or shorter period. Thus we find that the eyes may turn inward in certain diseases, such as fevers, nervous disorders, and convulsions from any cause; and in these cases, though the defect may remain and become permanent, yet in many cases, as the original disease is cured, the eyes return to their normal position. But since, as we have seen, the majority of cases are not due to such causes, the condition is, in most cases, permanent unless removed by proper interference.

#### SOME OF THE EFFECTS.

Squint is often supposed by the laity to have been produced by mimicry on the part

of the child—that is, the child is supposed to have acquired it by imitating some other person, such as a nurse or playfellow, whose eyes were subject to the trouble. There is absolutely no foundation for such a belief. There is no reason for supposing it hereditary excepting in so far as the condition of optical defect which accompanies the squint is transmissible from generation to generation, the latter fact being well known. Besides the disfigurement to the child by the squint, which alone would be sufficient reason for attempting to remedy the trouble, there are other results that should be considered. These are chiefly the effect upon the vision of the squinting eye, and the effect upon the disposition and character of the child.

The effect upon the vision of the squinting eye is to cause a gradual diminution, and finally even an almost absolute loss of vision in the affected eye. This may not be noticed by the child or its parents, since the good eye performs the functions of both; but by covering the good eye and attempting to see with the other the child is often surprised and frightened to find out how little it can see with the squinting eye. This change is one due entirely to disuse; the squinting eye, not being used for fixation, and being practically relieved from all purposes of vision, soon loses its power. It may recover part of its vision if straightened in time; though, as a rule, if the operation is at all delayed it never equals the other in sharpness, and in some cases permanently remains considerably defective.

Upon the character and disposition of the child the squint produces marked changes. The poor little unfortunate soon finds that he is the subject of ridicule by his playmates; they tease him and scoff and laugh at him; he is called disagreeable names referring to his ocular condition. Perhaps all will go well and his condition will not be commented upon for awhile; but should he happen to be involved in a quarrel or a disagreement with his playmates they are pretty sure to make use of his misfortune as a weapon with the mention of which to annoy him. In this way a bright child is interfered with in its in-

tellectual development, and often becomes of a quiet disposition and very bashful and retiring. Or, if the little fellow resents these allusions to his condition, blows often follow, and thus he may become pugnacious and soured. If a girl, she feels these allusions to her optical defect still more. Hence every reason exists why the deformity should be removed, and this is especially so because the remedy is, as a rule, certain and without any danger to the vision of the eye.

#### THE CURE.

Though it is possible that in a few cases the trouble may be remedied by means short of an operation, yet in most cases the latter procedure becomes necessary. There are a few cases in which the use of proper glasses, which correct the defect of vision if applied early enough, may cure the squint. But these are only a small percentage of the cases.

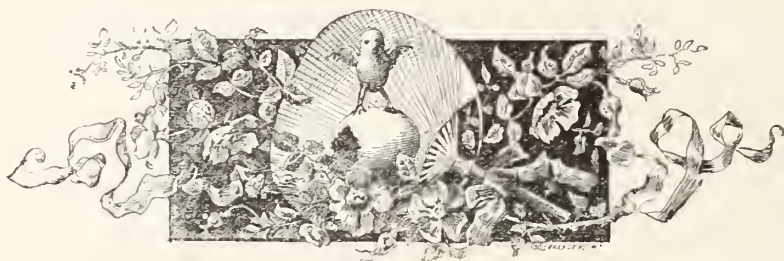
The operation usually resorted to is not a very formidable one. If the child is old enough not to be frightened at the sight of instruments, cocaine, the new local anæsthetic, may be used to abolish pain, and thus the use of ether be obviated. However, in most children the production of unconsciousness by a general anæsthetic, such as ether or chloroform, is necessary. The operation consists in severing the muscle the overaction of which causes the squint, or in severing that muscle which, through the weakness of its opponent, causes the deformity. Sometimes the operation is done upon one side, sometimes it is necessary to perform it upon both eyes. The severed muscles then attach themselves further back upon the eyeball, and thus, having diminished leverage, are weaker than they were before, and accordingly allow the eyes to assume the straight position. The healing after the operation is rapid.

It is unnecessary to dwell upon the change in the appearance of the child after the operation has produced the straightened condition of the eyes. It is very marked and sometimes wonderful. There exists a popular impression that the eye is sometimes re-

moved from its socket, operated upon, and then replaced; this procedure exists, however, only in the minds of the laity, and it will suffice to state that such an operation has never been and never is thought of.

The operation for squint is probably the

most frequent of all the operations upon the eye attempted by the oculist; it is also one of the most certain in its results in skilled hands, and hence no excuse exists for allowing a child to go about with the great disfigurement which the existence of squint entails.



## HABITUAL CONSTIPATION, AND ITS DOMESTIC MANAGEMENT.

BY LOUIS STARR, M.D.,

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CONSTIPATION is the condition in which there is an abnormal increase in the intervals between the evacuations of the bowels, with a diminution of the quantity of fecal matter expelled. It is of common occurrence in infancy and childhood, and, while usually giving rise only to languor and discomfort, may be attended by alarming symptoms or prove serious by generating a state of ill-health, and thus opening the way to the attack of acute and dangerous disease.

### NORMAL CONDITIONS.

Thoroughly to understand this subject it will be necessary to study first the healthy character of the fecal evacuations. The daily number of movements natural for a child varies greatly with its age. For the first six months there should be three or four stools every twenty-four hours. After this time, up to the end of the second year, two evacuations a day is the normal average. Subsequently their frequency is the same as in adults—one per day—though two or three movements in the same inter-

val often occur, especially after overfeeding or after eating food difficult of digestion, and must be looked upon as conservative rather than as an evidence of ill-health.

During the first period the stools have the consistence of thick syrup; are yellow-white or orange-yellow in color, with sometimes a tinge of green; have a faint fecal, slightly sour odor, and are acid in reaction. In the second they are mushy or imperfectly formed, of uniform consistence throughout, brownish-yellow in color, and have a more fecal odor. The last two characters become more marked as additions are made to the diet. After the completion of the first dentition—about the end of the second year—the motions have the same appearance as in adult life: they are *formed*, are brownish in color, and have a decided fecal odor.

### EVIDENCES OF CONSTIPATION.

Constipation materially alters these characters and at the same time gives rise to features never to be observed in health. For example, an infant, instead of the normal

number, may have but one evacuation a day, or one, two, or even three days may intervene between the movements. The stools are scanty, composed of hard, dry, whitish lumps, and are voided with much pain and straining. Should the latter be severe, it is frequently attended by a protrusion of a portion of the bowel through the anal opening ("rectal prolapse") and by slight bleeding from the congested mucous membrane. Other features are colic, distension of the whole abdomen, diminished appetite, occasional sick stomach and vomiting, feverishness, fretfulness, restless sleep, and, in extreme cases, convulsions.

In older children there may be one scanty passage each day, or a week at a time may pass without relief. The stools are lumpy and hard, dark colored, and mixed with slimy mucus. The abdomen is the seat of pain, and may or may not be distended with gas. In the latter event a hand applied low down on the left side will often detect several hard lumps beneath the skin; these are masses of *fæces* contained in the large intestine. The tongue is coated, the appetite capricious, there is nausea and a sensation of discomfort in the lower portion of the bowel, which leads to frequent though unproductive straining efforts at defecation. There is also languor, irritability of temper, headache and restless sleep, a muddy complexion, and general spareness of the frame. Locking of the bowels, or complete constipation, may result from mechanical causes, such as the inversion of one section of the gut into another ("intussusception"); a constriction of the intestine by a band of adventitious tissue; malformation about the anal opening, etc. Such conditions, however, are fortunately uncommon and may be thrown out of consideration here.

#### SEEKING THE CAUSES.

For the ordinary form of constipation the cause may be found in something amiss either in the muscular expulsive power of the bowel, in the material it contains, or in both. Before the completion of the first dentition—the date at which infancy passes

into childhood—it is more common in hand-fed babies than those nursed at the breast, and is due to use of cow's milk over-rich in caseine, the abuse of starchy food, an insufficient supply of water, and often to the action of popular colic remedies, nearly all of which contain opium in some form. With children who have cut their milk-teeth constipation arises from faulty habits and from the employment of a diet that is either bad in quality or unsuitable from its too great sameness. In all cases, inherited sluggishness of the expulsive muscular movements of the intestinal walls must be remembered as a possible cause.

#### TEMPORARY RELIEF.

These causal factors clearly indicate that, apart from purely medical treatment, much may be done to relieve or prevent the disease by attention to diet and hygiene. Before entering upon these questions, however, it will be well to point out the methods that may be safely employed to clear the lower bowel of accumulated *fæces*, or, in other words, to relieve the actual state of constipation; for this is always necessary when there is painful straining and in case there has been no movement for a day or more. For this purpose injections are most efficient, and, when given with care, are entirely free from danger. A serviceable plan is to inject into the rectum, according to the age of the patient, from one to four teaspoonfuls of warm olive-oil; allow it to remain for six hours, and then use one or more injections of castile-soap and warm water, olive-oil, soap and warm water, or table-salt and warm water. The preliminary injection of oil softens the *fæces*, while the subsequent ones have the additional effect of distending the walls of the rectum, thus bringing about muscular contraction and expulsion of the contents. Should a compact *fæcal* mass present at the anus be too bulky to escape—a condition often visible during straining—more liquid must be injected, and if this fail the mass must be broken up by the finger and its passage assisted by gentle pressure upon the



parts behind the anus while expulsive efforts are being made. The process of breaking up is easy, as the anus is widely distended at such times. In severe cases little result may follow a single application of this method, though a course of one or two oil injections and purgative enemata for several successive days rarely fails to empty the bowel.

The best syringe for children is one of hard rubber with a long, smooth nozzle, and having a capacity of six fluid ounces. When oil is injected, the intention is to have it remain in the rectum and act mechanically on the *faeces*; its retention is best secured by firmly pressing a warmed pad of flannel against the anus for five minutes after the insertion, the patient in the meanwhile lying upon his back. The laxative enemata must vary in bulk with the age of the child, or, in other words, with the capacity of the rectum. One fluid ounce two tablespoonfuls will be sufficient for an infant of six weeks, while from four to six fluid ounces are required at the age of two years. The quantity of oil, salt, or soap to be used must depend upon the quantity of water—two teaspoonfuls of oil or one teaspoonful of salt to eight tablespoonfuls of water being a good proportion, and if soap be employed it is sufficient to stir a bit in the water until suds begin to form. After drawing the fluid, which must be tepid, into the syringe, the nozzle must be well greased and gently inserted into the anus, the point being directed a little toward the patient's left; next, the piston is to be slowly forced down until all the liquid is expelled or complaints of pain indicate that the bowel is sufficiently distended. If it be possible to force retention for a moment or two by pressure on the anus, the movement will be freer and easier than if the fluid be allowed to flow away at once. The best positions for the child are either on his back with the legs well drawn up or resting on his abdomen across the lap.

#### PREVENTION OF FURTHER CONSTIPATION.

Having emptied the rectum, the next step is to keep the bowels regularly moved and

prevent a recurrence of the trouble. Much may be accomplished in this direction by attention to the diet, exercise, and clothing, by the establishment of regular habits, and by the use of abdominal massage and a few simple remedies.

*Diet.*—Familiarity with the care of children teaches that a definite relation exists between the character of the food and the condition of the bowels, and that the more closely the former is adapted to the powers of digestion the more easily and regularly do the latter perform their functions.

Infants nursed at a healthy breast receive typically appropriate food, and are, as a consequence, rarely constipated. Should, however, the bowels become confined under such circumstances, relief may be obtained by directing the mother to eat freely of fresh vegetables, to add either fresh or dried fruit to her diet, and to take an occasional saline aperient, as effervescing citrate of magnesium or Seidlitz-powder. Two or three times a week is often enough to repeat the saline, and the dose is best taken in the morning, before breakfast.

The infrequency of trouble in infants fed from the breast indicates that, in order to maintain activity of the bowels in hand-fed babies, the food selected should resemble human milk as closely as possible. Cow's milk, being readily obtained, is usually employed in artificial feeding; but as this fluid differs from human milk in chemical and physical properties it forms but a poor substitute unless properly prepared. All milk is composed of sugar, caseine, fat, salts, and water. That of the cow contains more caseine and fat but less sugar than woman's milk. Another difference of much consequence is shown by the addition of rennet. Should this be added to cow's milk, the caseine coagulates into large, firm masses, while with human milk a light, loose curd is formed. In the stomach the gastric juice has the same effect, producing in the first instance a coagulum most difficult to digest, in the other, one easily attacked and broken down by the gastro-intestinal solvents. In preparing cow's milk, therefore,

it is necessary to reduce the proportion of caseine and fat, to increase the proportion of sugar, and to overcome the tendency of the caseine to coagulate into large, firm masses upon entering the stomach. Dilution with water is all that need be done to reduce the caseine to its proper level; but as this lessens the quantity of fat below the normal standard, and still further diminishes the already insufficient sugar, it is essential to add fat and sugar to the milk and water. Fat is best added in the form of cream; and of the sugars, either pure white loaf-sugar or sugar-of-milk may be used. The latter is preferable, as it is little apt to ferment, and contains some of the salts of the milk, which are of nutritive value. The risk of firm clotting may be obviated by the addition of an alkali, as lime-water, or a small quantity of some thickening substance, as barley-water. Lime-water acts by partially neutralizing the acid of the gastric-juice so that coagulation takes place gradually; it contains but little lime, or alkali, and must be added freely, at least one part to two or three of milk. Thickening substances exert a purely mechanical effect; they get, as it were, between the particles of caseine during coagulation, preventing their running together and forming large, compact masses. Lime-water or barley-water are not required in every case; in fact, they need only be used where curds appear in the stools or are expelled by vomiting. As the proportions of milk, cream, sugar, and water vary with the age of the infant, it will be well to give several diet-lists by way of illustration.

From the fifth week to the end of the second month a good formula is:

Milk, two tablespoonfuls and a half.  
 Cream, one tablespoonful.  
 Sugar-of-milk, half a teaspoonful.  
 Water, two tablespoonfuls and a half.  
 For one meal; a similar amount to be given every two hours from 5 A.M. until 11 P.M.

During the fourth and fifth months:

Milk, seven tablespoonfuls.  
 Cream, one tablespoonful.  
 Sugar-of-milk, one teaspoonful.  
 Water, two tablespoonfuls.  
 For one meal; to be repeated every three hours.

Each portion of food should be prepared separately just before the meal hour. After mixing the ingredients the whole is to be poured into a perfectly clean feeding-bottle, warmed in a water-bath to a heat of 95° Fahrenheit, and administered through a clean, plain, rubber tip.

Should the bowels remain confined, some laxative article may be added to the food, as oatmeal. An admirable mixture for a child of three months is:

Milk, five tablespoonfuls.  
 Cream, one tablespoonful.  
 Sugar-of-milk, one teaspoonful.  
 Bethlehem oatmeal (fine powder), one teaspoonful.  
 Water, two tablespoonfuls.

To prepare this the water must be heated just short of boiling in a tin vessel, and the oatmeal added slowly with stirring until a smooth, white mixture be obtained; the other ingredients are then added. It is usually unnecessary to give the oatmeal in every bottle, one or two meals of it each day being sufficient.

Mellin's Food is a useful laxative article of diet, and for a child from eight to ten months—at which age five meals a day are enough—it may be given as follows:

First meal at 7 A.M.:

Milk, thirteen tablespoonfuls.  
 Cream, one tablespoonful.  
 Sugar-of-milk, one teaspoonful.  
 Water, two tablespoonfuls.

Second meal at 10.30 A.M.:

Same proportions of milk, cream, and water.  
 Mellin's Food, one tablespoonful.  
 The water must be hot to dissolve the Mellin's Food, and when the solution is made it must be added with stirring to the previously mixed milk and cream.

Third meal at 2 P.M. Same as second.

Fourth meal at 6 P.M. Same as second.

Fifth meal at 10 P.M. Same as first.

After the first year milk may be given pure or with only sufficient water to dissolve the oatmeal or Mellin's Food when these are necessary to keep the bowels active, cream and sugar-of-milk being still added. From half to one teacupful of meat-broth, carefully prepared, may be

allowed each day, and bread, light puddings, and eggs gradually added to the diet.

From the eighteenth month to the end of two and a half years four meals are required :

First meal, 7 A.M. : A breakfast-cupful of new milk, the yolk of an egg lightly boiled, two thin slices of bread and butter. Second meal, 11 A.M. : A teacupful of milk and one tablespoonful of Mellin's Food. Third meal, 2 P.M. : A breakfast-cupful of beef-tea, mutton or chicken broth, a thin slice of stale bread, a saucer of rice and-milk pudding. Fourth meal, 6.30 P.M. : A breakfast-cupful of milk with Mellin's Food and a slice of bread and butter.

On alternate days :

First meal, 7 A.M. : Two tablespoonfuls of thoroughly-cooked oatmeal or wheaten grits with sugar and-cream ; a teacupful of new milk. Second meal, 11 A.M. : A teacupful of milk, with a slice of bread and butter. Third meal, 2 P.M. : One tablespoonful of underdone mutton pounded to a paste ; bread and butter or a mashed, baked potato, moistened with good, plain dish gravy ; a saucer of junket. Fourth meal, 6.30 P.M. : A breakfast-cupful of new milk and a slice of soft milk-toast.

One important point often neglected is the matter of drink. Even the youngest infant requires water occasionally, and the demand increases with age. The water should be as pure as possible, and should not be too cold ; although in the heat of summer bits of ice, and water moderately cooled with ice, can be given without harm.

The foregoing schedules form only a rude outline of an infant's diet. Some babies eat more than others, and many can bear nothing but milk food up to the age of two or even three years, and, provided enough be taken, no fear for their health need be entertained.

During the period of childhood the food must be of good quality, thoroughly digestible and varied, and the meals must be

eaten leisurely. The subjoined list will give an idea of the food to be selected :

#### BREAKFAST.

<i>Every day.</i>	<i>One dish only each day.</i>
Milk.	Fresh fish.
Porridge and cream.	Eggs, lightly boiled.
Bread and butter.	" poached.
	" scrambled.
	" plain omelette.
	Chicken hash.
	Stewed kidney.
	Stewed liver.

Sound fruits may be allowed before or after the meal, according to taste, as oranges, grapes without pulp (seeds not to be swallowed), peaches, ripe pears, cantaloupes, and strawberries.

#### DINNER.

<i>Every day.</i>	<i>Two dishes only each day.</i>
Clear soup.	Potatoes, baked.
Meat, roasted or broiled, and cut into small pieces.	" mashed.
Bread and butter.	Spinach.
	Stewed Celery.
	Cauliflower.
	Hominy.
	Macaroni, plain.
	Peas.
	String-beans, young.
	Green corn, grated.

Junket, rice-and milk, or other light pudding, and occasionally ice cream, may be allowed for dessert.

#### SUPPER.

<i>Every day :</i>
Milk.
Milk-toast or bread and butter.
Stewed fruit.

Fried food, highly seasoned or made-up dishes are to be avoided, and no condiment but salt is to be used. The meals must be eaten at regular hours, and the formation of a habit of eating between times is to be checked.

Filtered or spring water should be the only drink, tea, coffee, wine, or beer being entirely forbidden.

*Exercise.*—A proper amount of muscular exercise is necessary for the regular performance of the intestinal functions. Young infants will use their muscles sufficiently if, several times a day, they are placed upon their backs on a bed and allowed to kick and turn about at their pleasure. So soon as efforts at creeping are made there need be no fear that insufficient exercise will be taken, the care should be, rather, to prevent overfatigue.

Fresh air and sunlight are also essential, and the child must be taken out every day, weather permitting, after arriving at the proper age. This is four months for those born in the autumn and one month for those born in summer.

In cool weather babies who are unable to walk should be taken out in a coach or in the nurse's arms for an hour in the morning and half an hour in the afternoon, while the sun is shining. In summer they may pass the greater part of the waking hours in the open air, provided they be well protected from the direct rays of the sun.

Children old enough to walk may spend a longer time in the air in winter, and may be out all day in summer. But until the fourth year it is better to let them play about at will than force them to take a long, set walk.

*Clothing.*—Infants and young children have little power of resisting cold, and on this account require warm clothing. Too much cannot be said against allowing children to go, even in the house, with bare legs and knees, exposing a considerable portion of the body surface to constant chilling.

The reasons for this condemnation are forcible. First, every child is supplied by nature with a certain amount of nerve force, to be daily expended in the maintenance of the different functions of the body—respiration, circulation, digestion, calorification, etc. If an excessive proportion of this force be consumed in keeping up the heat of the body, as must be the case when so large a surface is bare, there is not enough left to carry on the other functions. The digestion suffers most, and with indigestion comes constipation. Again, when the surface is chilled the blood that should circulate in the skin is drawn to the interior of the body, and the blood-vessels of the mucous membrane become surcharged. This congestion leads to catarrh, and this, in the case of the mucous membrane of the intestines, to impaired digestion and constricted bowels.

Therefore, except during the oppressive heat of summer, a child's whole body should

be encased in woollen underclothing. The thickness of this must vary, of course, with the season. In infants under a year old a broad flannel abdominal bandage, extending from the hips well up to the chest, or, better still, a knitted worsted band shaped to fit the form, is very useful in keeping the abdominal organs warm, aiding digestion, and preventing pain. All clothing should be changed sufficiently often to insure cleanliness.

*Regular Habits.*—Fixed hours for meals, bathing, sleep, and exercise are not alone sufficient to preserve a child's health, but the same care must be taken in regard to defecation. In my experience the youngest infant can be taught to use a chamber, and if this implement be presented each day at the same hour or hours he soon falls into regular ways. Should faulty habits be established or constipation exist, such measures as injections and abdominal massage must be resorted to at the same hours each day to establish regularity.

After the third year the best period of the day for the bowels to move is immediately after breakfast, and no call of duty or pleasure should be allowed to interfere. When constipation is to be overcome natural efforts must be made then. These efforts may at first be ineffectual, but much can be accomplished by perseverance in a daily, sustained effort of about ten minutes. When this plan fails it will be necessary to use injections or other methods of relief, care being taken to keep to a certain hour that the formation of a habit may be encouraged.

*Abdominal Massage.*—Thorough rubbing of the abdomen is often very successful in inducing a movement of the bowels. This should be done with the palm of a well-warmed hand, gentle pressure being made and the movements directed first from the brim of the pelvis on the right side upward to the rib margin, then across from right to left, and finally downward on the left side from the margin of the ribs to the brim of the pelvis again. Such manipulation excites peristaltic action, and encourages the passage of the intestinal contents along the



large bowel towards the anus. Ten minutes is quite long enough to continue the rubbing. The manipulation may be rendered more effective by using warm sweet-oil or a weak ammonia or turpentine liniment as an inunction. With children of six years and upwards daily cold spongings of the body, followed by frictions with a coarse towel until the surface is red, are very beneficial.

#### SIMPLE REMEDIES.

Among the medicines that may be safely used in the nursery are manna, phosphate of sodium, and suppositories of soap or gluten.

Manna, as it imparts a sweet taste only, may be dissolved in the food, and given from the bottle as often as required. Five grains three times a day will be quite sufficient for an infant six months old.

Phosphate of sodium—an admirable laxative—can also be administered with the

food; five or ten grains, three times daily, is the proper dose at the age of six months.

Soap suppositories must vary in strength with the age; thus at two months one grain of soap to ten grains of cocoa-butter is the proper proportion; at one year the quantity of soap may be increased to five grains in each suppository, and so on.

Gluten suppositories, as furnished by the New York Health Food Co., are too bulky for children, but by remelting and remoulding they can be easily reduced to one-half or one-fourth their size, and thus adapted to children or infants. One such suppository every morning, or every morning and evening, rarely fails to regulate the bowels.

In inserting suppositories care must be taken to press them with gentle force beyond the external constrictor muscle of the anal opening. If this be done they will be felt to slip away, as it were, from the finger, and are retained without difficulty.



## EXCLUSIVENESS.

BY MRS. GEORGE ARCHIBALD.

THIS may, at first blush, seem a subject foreign to the interests of *BABYHOOD*. But the child is father to the man. There is no common wrong of society of which I have thought more than the wrong of exclusiveness—an honored wrong, called by fine names calculated to heighten the pride and self-esteem of those who are exclusive, and who grow in narrowness until they often lose all interest in, and sympathy for, mankind beyond their selected few. Not only people of large wealth and prominent families hold themselves aloof from their fellows, but all grades of society have cliques and coteries into which there is no entrance except by virtue of blood, of money, of culture, or of some other passport popular

among those of the particular circle excluding trespassers.

It would be folly to expect indiscriminate friendships and associations among all kinds of people. This would be neither fitting nor improving. Birds of a feather do flock together, and, by a wise provision of nature, are prejudiced in favor of their own particular style of plumage. And what is true of birds is true of featherless bipeds. But we certainly limit our opportunities for doing good when we withdraw ourselves from all friendly intercourse with those whose privileges in any good direction have been less than ours. What may not a kind word do for a discouraged soul! What an influence for good are words, fitly spoken, when they

come from one on a higher plane of living to one on a lower! What glimpses of better things may we not give to cramped lives out of our broader living! What self-respect may we not cause to spring up by proper civility toward neglected ones! Yet how many of us coldly pass by these opportunities, not from real hard-heartedness, but from utter indifference—the growth of long-practised carelessness toward those not found fitted by circumstance for our association.

And it is astonishing how soon the children learn the preferences of the elders; yes, and betray them with the blundering frankness of childhood. I have seen many a sensitive little one shrink, sorely wounded, from the cruelly-uttered contempt of his mates.

This is a sin against the defenceless, and a blemish in the character of the unthinking offender which will for ever war against that charity taught by Christ unless early espied by the parent and eradicated. Yet how few parents seem to think of this one point as they educate their children! It is not uncommon to see a haughtiness in otherwise beautiful little ones, out of all proportion to their years. This might be easily overcome. Young hearts are tender and quick to feel the poverty or disadvantage of others if only helped by judicious precept and example. They show surprising tact, too. A small woman of five came home from Sunday-school one severe winter day and said: "Mamma, there was a girl as big as I am to the church without any mittens, and her hands looked so red I thought I would talk to her a little." "What did you talk about?" asked her mother. "Oh! just things to be pleasant, you know. I didn't speak about the mittens for anything, for fear she'd feel bad." Who knows the mission of such gentle words prompted by sympathy for a poor child? At any rate, what a sweetness grows with the growth of one who is moved to kind speech at sight of another's deprivation.

In contrast I will relate an occurrence I witnessed a few summers ago, which shows

how rude and heartless a young boy may be, whose hat comes off promptly when he meets any acquaintance of his mother's, and who is a model of politeness in the houses visited by her. As he stood on a wide lawn one bright day, a bare-legged but clean little Irish boy ran up and saluted him thus: "Sidney, here's a letter to you from Mary Sullivan to come to her birthday party to-morrow; and I'm going, too."

Sidney, with a child's curiosity, took and read the note, and then, tearing it once through, exclaimed:

"You tell that Irish girl she needn't ask me to her mean old party."

The abashed messenger stood speechless a moment before running swiftly back, and the scornful boy took the note to his mother. Now, it seems to me that mother should have written some nice regrets and good wishes, and sent it to the girl with a card or some other pretty token. It would have wonderfully brightened her party and have done the supercilious boy good. But the mother laughed at the invitation and mentioned Sidney's "high spirit" with pride.

While we must set our faces as a flint against degrading association, it is not necessary to let our children get a tendency towards rough disregard for others. We can carefully teach them discrimination, and how to exercise it kindly; but to allow them to make unfeeling remarks about or toward children of what is called inferior station is a great evil.

She who rears a child to the possession of a warm-hearted feeling of kinship toward all humanity has done much toward ennobling not her own only, but those whose lives shall cross his. How shall the world grow better but by the uplifting influences of the throbbing, sympathetic, truly Christian hearts ready to recognize real worth even in by-places, clad in the dress of the humble, and ready to help the sinful and poor with a spirit like the Master's? "A tree with a lofty head has less shade at its foot," and many a struggling soul in the noontide of sorrow or of temptation must die without shade and protection.

## DOMESTIC TREATMENT OF SLIGHT AILMENTS OF CHILDREN.

BY JEROME WALKER, M.D., BROOKLYN.

### VII.

#### SORE THROATS.

A COMMON ailment, especially in the early spring and late fall, is inflammation of the throat. It is attended by more or less discomfort, soreness, difficulty in swallowing, hoarseness, earache, and debility, depending on the form it may assume and the location it may occupy. To give to the general reader anything like a clear idea of what is meant by different forms of throat inflammation, a series of accurately-colored plates are necessary. Manifestly such plates cannot be furnished here. All that can be done, therefore is to describe as best we can the method of examining the throat—what is its appearance in health, how it looks in different throat-affections, and what should be done, and can be safely done, by the laity towards their treatment.

#### EXAMINING THE THROAT.

It is a wise precaution, considering the prevalence of throat-affections (especially along the sea-coast), from time to time to examine the throats of the children, and to teach them how to hold down their tongues so that a good view of the throat can be obtained. The value of this precautionary measure was strongly impressed on my mind years ago when I had the honor to be connected with an institution which cared for some sixty young children. While engaged from time to time in showing medical students the throats of some of these children, I fell into the habit of occasionally examining well throats for my own benefit and the then supposed benefit of the children, much to the amusement of some of the lady directors, who could see nothing but fuss and parade in such actions. But the benefit to the children came during an epidemic of diphtheria that followed. It was

very easy now to get a good view of most throats without the use of a spoon or a tongue spatula, or without having to deal with a struggling child. It is not an undignified proceeding for parents and other guardians of children, and it may be attended with the best results for the little ones, to first learn to get a clear view of their own throats. This can be best done by standing before a good mirror and drawing in the breath strongly, at the same time placing the tip of the forefinger of the right hand on the very *back* part of the tongue, and bearing gently but firmly down on the tongue with the finger thus inserted into the mouth.

This manœuvre will have to be tried several times before it can be accomplished with ease and comfort, and there is a great difference in people as to the sensitiveness of the throat. This plan of holding down that unruly



TONGUE SPATULA.

member, the tongue, is the one to be taught to children. So readily has it been learned by children I have met with in practice that I very seldom find it necessary to resort to a spoon or spatula or other contrivance, except in the case of babies. For this method I do not claim originality, but I am very sure that for children it may well supersede the use of ordinary tongue-depressors, especially such things as the finger of the doctor, parent, or nurse, a paper-cutter, or pen or lead-pencil handle.

We are to remember that the tongue is a bundle of muscles, and these are so arranged that the tongue can contract and relax in almost every portion, forming humps and depressions at will. Ordinarily a depressor in the hands of one not an expert will be placed upon the central portion of the

tongue, with the result of causing the back of the tongue to be suddenly elevated and the fore part depressed. By placing the tip of the forefinger or the handle of the spoon at first far back on the tongue, at the same time that air is forcibly drawn in, the condition of things just mentioned is prevented. Just here it should be emphasized that if a spoon is used it should be one with a strong shank and a rather broad but very smooth handle—if possible one without any filigree work, for such work presses unduly upon the back part of the tongue, where sometimes there is inflammation when the throat is sore. Some people are awkward and seem to be unable to keep the hand which holds the spoon so that it will not prevent their seeing the throat. For such persons a tongue-depressor with a depressed handle is of value. Such a spatula can be obtained through a druggist.

#### APPEARANCE OF THE THROAT IN EXAMINATION.

The *throat* begins at the back of the mouth, has a rounded top something like a buggy-top, and in front is in part hidden from view by a hanging curtain, the soft palate. Above the soft palate, and about on a level with it, are two openings leading into the nose. In the upper portion and toward the sides are the openings of the Eustachian tubes, which connect with the apparatus of hearing in the two ears. At the lower portion of the throat begin the two canals, the gullet, or œsophagus, leading to the stomach, and the windpipe, or trachea, which leads to the lungs. In the top of the trachea are the two more or less parallel vocal cords or bands, which separate or approximate as the tones of the voice are low or high in pitch. On looking into the widely-opened mouth, without the use of any depressor, but while the patient strongly inhales, we see the soft palate somewhat elevated, the tips of the tonsils—one on either side—and catch a view of a small portion of the throat. With more depression the soft palate is more strongly elevated, the entire tonsils are plainly seen in outline, except when they

are very large. A large part of the cavernous throat is prominent, and in some cases the tip of the epiglottis, or the leaf-like cartilage which is attached to the tracheal tube, and whose function it is to close in the opening to the voice-box or larynx during the act of swallowing. Of course all of these parts cannot be seen so readily if the throat is very sore or it causes pain to open the mouth widely. Usually when the tongue is strongly depressed there is an involuntary effort to vomit. During this effort the tonsils and adjacent parts are exerted, affording a good but rapid view of any deposit there may be on the posterior portion of the tonsils. The color of the throat and parts connecting with it is in health pink or light red, and evenly spread. Seldom in a healthy condition does one see blood vessels even. Now, bearing in mind the tendency, before alluded to in a previous article, for some inflammations of the mucous membranes to spread in children, we are prepared to glance at the commoner kinds of sore throat.

#### A RELAXED THROAT.

A too prevalent disorder, especially among children of from four to ten years of age—children mainly who have disordered the secretions of the stomach and other portions of the alimentary canal by eating too much pastry and candies or meat—is what may be called a *relaxed throat*. The tongue is coated, the breath has generally an unpleasant odor, the throat feels full, there is some difficulty in swallowing, and coursing over the now pale-looking mucous membrane are enlarged and tortuous blood-vessels. *Treatment*: A simple diet of milk, weak tea, light soups and broths for twenty-four hours, rest, and the washing out of the throat every hour or two with a dessert-spoonful of a liquid consisting of one teaspoonful of powdered alum, two teaspoonfuls of glycerine, and one pint of water, together with the internal use of a powder of one-sixth of a grain of mercury with chalk—*i.e.*, gray powder—every two hours, if there is a tendency to constipation or the tongue is much coated. The powders are to be discontinued if they seem



to move the bowels or the tongue clears up

A better plan than gargling the liquid is to take a quantity into the throat and gently move the head, held backward, from side to side and around, so that the liquid will gently bathe the parts. As in the case of nearly all throat affections, the washing fluid should be gradually discontinued as the parts return to their normal condition, for if continued too long the alum may dry the throat unduly. Sometimes five or ten drops of tincture of capsicum (red pepper), or the same number of grains in water, may take the place of alum. If the throat feels uncomfortably full in this or other throat trouble, fold a piece of flannel so as to comfortably enfold the neck, dampen it well in cool water, sprinkle on the side to be placed against the neck considerable salt, place it around the neck on going to bed, and tie over it a dry towel.

#### INFLAMED THROAT.

A second form of throat affection is the inflamed throat which results mainly from undue exposure to cold, raw winds, or from draughts of air when one is overheated and perspiring, or from the wearing of wet clothing. Here the throat and soft palate are of a bright red, the throat *feels* sore, and there is more or less fullness and difficulty in swallowing. The use of alum or red pepper, or the contact of any irritating substance, even apparently so harmless a thing as a crust of bread, in such an affection, will increase the inflammation and the suffering. Only the mildest applications must be used. Sometimes the inflammation is limited largely to the tonsils, which enlarge and are very sensitive. The pits, depressions, or follicles in the tonsils fill with thickened secretions, which, if not quite filling the pits, by the inexperienced are called ulcers. If the secretions project from the pits, then the inexperienced think diphtheria is present; and the cure of such diphtheria has added fame to more than one doctor and nurse.

This inflammation of the tonsils—*i.e.*, "follicular tonsilitis"—is to be relieved as the common inflamed throat may be: *viz.*, by the

use of such bland foods as milk, cocoa, soft-boiled eggs, soups and broths (with but little seasoning), custard, thickened milk, rice and milk, etc., by the use of flannel about the neck, and by washing gently the throat every hour or two with the following mixture:

Chlorate of potash, half-teaspoonful.  
Borax, quarter-teaspoonful.  
Glycerine, four teaspoonfuls.  
Water, half-pint.

If the child seems weak, a one-grain quinine pill may be given three or four times a day until ten are given. If a child cannot swallow a pill even in one of the easiest ways of giving it—*viz.*, in a little white of egg, following this with a draught of water—then for two days, three times a day, a powder of three grains of quinine mixed with one half-teaspoonful of glycerine may be gently but thoroughly rubbed on the tender skin under the arm or on the inside of the thigh.

#### QUINSY SORE THROAT.

When one or both tonsils inflame and show a tendency to enlarge rapidly and to be intensely red, constituting a genuine quinsy, and this is attended by severe pain in swallowing and by earache, it is advisable not to delay sending for the doctor, for he may be able to relieve the congestion by a slight surgical measure, and if matter, or pus (as it is called medically), forms he can assist Nature to discharge it when and where it is best. Domestic treatment may be the same as indicated for ordinary inflamed throats. *Hot* liquid foods are, as a rule, agreeable. Sometimes a powder of one-sixth of a grain of "gray powder," every hour for twenty-four hours, will break up the inflammation.

It is well to know that the eruption of scarlet-fever, measles, and chicken-pox generally appears first on the soft palate and the back of the throat before it appears on the skin; but these diseases are usually attended by pronounced symptoms of the affection—sore eyes, vomiting, convulsions, high fever.

#### CROUP.

The throat affection which excites the most terror at first on the part of the guar-

dians of children is *croup*. I say at first, because the early symptoms of false or spasmodic croup are practically the same as those of membranous or true croup; yet the first affection is seldom, if ever, attended by danger, especially in a moderately strong child, while the second is very dangerous, generally fatal, although fortunately rare. In the February, 1885, number of *BABYHOOD* appeared an excellent article on "False Croup," so little need be said here about it. Usually a cough, a fit of sneezing, or a cold in the head, which may have been noticed several times, is followed, within a day or two, by some fever and debility towards night, and attended by hoarse, and at times spasmodic, coughing. In the intervals there may or may not be "rattling of mucus" in the chest and difficulty in breathing. *Treatment*: Give alternately every fifteen minutes one half teaspoonful of each of the following mixtures:

Tincture of aconite, twelve drops.  
Wine of ipecac, fifteen drops.  
Water, five tablespoonfuls.

and

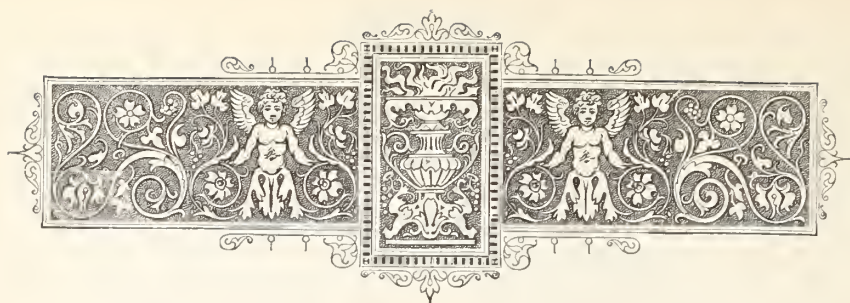
Bichromate of potash, two grains, rubbed up with twenty grains of sugar-of-milk.  
Water, eight tablespoonfuls.

If the child is *very much* disturbed for breath, promptly cause vomiting by giving one-half to one teaspoonful of syrup of ipecac every fifteen minutes till the effect is produced. Cloths, wrung out in hot water, may be applied about the neck, always remembering that a child's skin is very tender. For a day or two following the attack the food should be of the simplest character. Seldom is an attack of false croup repeated after the second night. An examination of the throat reveals scarcely anything unusual besides a reddened appearance. If the hoarseness and spasmodic cough do not diminish on the second day, and if on the third the patient is worse, the case *may* be one of real croup, and not a case for the laity to think of treating. Mark, it is said *may*; for it is rare for false croup to last several days, except, perhaps, in a weakly child or one with a nervous temperament.

It is also rare for true croup to commence suddenly without symptoms of debility, cough, hoarseness, etc., preceding for a few days. The membrane which is to enable the physician to diagnose true croup *he* may not see unless it is coughed up. That it is not seen by the laity is no proof that it is not low down in the throat, and the sight of some membranous-like material in the throat does not prove that croup is to be dealt with. The material may be nothing but coagulated milk, thickened secretion from the nasal passages, or it may be diphtheritic membrane.

#### DIPHTHERIA.

It is not our purpose here to fully describe diphtheria and its treatment, but merely to state that it is the most subtle of the diseases which have for one of their manifestations a throat membrane, for the diphtheritic membrane is sometimes found on open sores or about the anus. Whether the disease begins as a local affection and then becomes a blood or general disease, or *vice versa*, is not definitely known. Suffice it to say that if a child seems languid with no apparent reason, and on looking into the throat one notices a patch of whitish material on the front or side of a tonsil, or if on depressing the tongue a patch is seen on the posterior part as the parts are everted, or on the soft palate, which spot does not disappear during a forced act of swallowing; and especially if on attempting to remove this patch with pin-cers this can be done only with some difficulty and the attempt causes bleeding, then the case is probably one of diphtheria, and the doctor is to be sent for. There is no specific for diphtheria, and each case must be treated to a certain extent differently. It would be unwise to map out a plan of treatment for the laity in a disease of such gravity. Undoubtedly the early recognition of a case of diphtheria by parents is of great importance. There is a prevalent idea that the disease always begins with enlarged glands, difficulty in swallowing, and great debility. This is only true of malignant forms.



## A LEAF FROM AN ANXIOUS FATHER'S JOURNAL.

A BABY is a young animal, of course, and the young of all animals have certain resemblances, more or less superficial, to one another. But still he inherits, and will develop, not ovine nor porcine, but human impulses and motives. As soon as anything within him can be appealed to at all, that something is reason. There education commences. See that your appeal, from the very beginning, comes in a form to elevate, not to debase, his motives of action. Moreover, he inherits all, and more than all, your sensitiveness to impressions, your vividness of imagination. Beware what first indelible characters you stamp on that more than virginal white shield, the baby-soul !

Our boy was a Thanksgiving gift of 1884. From the time he was six weeks old his thumb was hardly ever out of his mouth for an hour. It was only in that way he could drop off to sleep. His instant response to a caress, even when a mere infant, was to nestle down with his cheek against the beloved face and slip his thumb into his mouth. Many times a day he would seem to fall into a reverie in that position. What single diversion or passion in the complex life of an adult could be so indispensable, so hard to relinquish, as this the one pastime, the one employment of a baby's idle hours ?

Scores of friends have said : "You must break it up. The longer you wait the harder the fight will be." Only one method was ever suggested to us : to put something so disgusting or so bitter upon the thumb that it would be unendurable to him, and to persist in this treatment until the association with the thumb was only one of aversion, not of comfort. This was actually tried on a little kinswoman of his who bites her nails ; but the soft-hearted grandsire applying the aloes could not refrain from assuring her it was "nice," and pretending to taste it. So she

accepts it as a treat, licks it off, and begs for more. Now *assafœtida* is called for.

The week after Max was two years old his mother, to prepare him for what seemed the inevitable treatment, talked with him long and earnestly, showing him the calloused, distorted little thumb, so helpless to resist his cruel treatment ; telling him that he was pushing his dear little teeth also out of place, and assuring him that it was making her very unhappy. So completely were we under the influence of all the more experienced parents of our acquaintance that we had no thought of more than a momentary effect from these words.

For the next day or two he was unaccountably irritable, and at night especially he tossed and fretted for hours instead of lapsing off at once into peaceful slumbers as before. Once when his mother stepped in to soothe him she was greeted with an angry "Mamma, go 'way ! Don' want mamma ! Want kick mamma !" Presently we realized what a struggle was being fought through. From that day he never again in his waking hours put the thumb inside his mouth, nor ever alluded to it, except to ask sympathy for the 'poo' 'ittle so' fnum !" A week or so later, when he spent the day with some intimate friends, they were astonished to see him many times raise his hand with the gesture which had become involuntary, bethink himself in season, and with an effort lower it again. After a few days he was as affectionate and full of delight in life as ever, but for weeks he could fall asleep only after a long, wearisome struggle. Several times in this month (January, 1887) we have found that long after falling asleep, say ten or eleven in the evening, his thumb had slipped in. This shows how strong the habit had grown. And yet when aroused in the effort to draw it out he repels with an indignant "No-o-o !" round-mouthed and wide-eyed, the charge of ever once returning to the old habit.

Was not that a successful appeal to a higher motive than disgust? Will not the success of that first great effort help the growth of the queen of all virtues, *Sophrosyne*: self-control?

The second incident in our list illustrates, we think, that babies are guided by reason, not by mere instinct or habit, from the beginning. In Max's father's study is a corner book-case and desk, which replaces a former "set bowl." The little closet beneath is utilized to hold the coal-hod, shovel, and poker for the fire in the grate. There were no playthings Max loved so much as these; and whenever they were put away he watched eagerly, though he never mastered the relation between the revolving knob on the outside and the wooden bar or button which it turned within. In the bath-room at the other end of the house is a precisely similar door. One day, when Max was twenty-two months old, he noticed that the little door in the bath-room had fallen from its hinge and was lying upon the floor. Sitting down beside it, he began eagerly turning the fastening this way and that, until he apparently comprehended its mechanism; at any rate, he leaped to his feet with a triumphant shout, and ran as fast as he could to the study. When his mother overtook him he was already opening the little door there, and never afterward had the slightest difficulty in doing so, though for many weeks previous he had given up all attempts to open it when he had seen it carefully closed.

Another recent occurrence has caused us to realize, almost painfully, the vividness of the infantile imagination. In August, 1886, while we were visiting at grandpa's, a large drove of sheep met us, filling the whole street. They made a rather uncanny impression on Max, who begged to be held in arms until they passed. Neither the animal nor its name had been called to his attention since then. A week or so before Christmas he awoke late in a very bright night, and the moonlight on the snow kept him wide-awake a long time. Finally one of his parents, with no real thought of his understanding it, said: "Oh! come, little boy, try and count a flock of sheep jumping over a wall, and perhaps you can get to sleep." A moment's silence followed; then we heard the little curly head plunge down into the pillow, and a succession of startled, violent sobs followed. When he could catch his breath to answer our appeals to

tell us what was the matter, he cried out repeatedly: "Maxy 'fraid dose s'leep!" The little frame trembled all over with fright even in our arms. He would only go to sleep at last between his parents, insisting on holding both their faces drawn down close against his own on either side.

About the same time his mother attempted to tell him something of the story of the first Christmas; but at the very beginning the thought of the "little Baby that had no-o-o crib" made the blue eyes fill with tears and the little lips quiver. When he just then caught his mother's eye he burst into tears. Almost the same results attended an attempt to divert him with the story of *Däumelichen*.

This question of the force of childish imagination seems to us, perhaps, the most perplexing of all the difficulties which beset thoughtful and conscientious parents. We have heard of a child whose mother sang to her nightly the hymn,

"Hush! my child, lie still and slumber;  
Holy angels guard thy bed."

The mother finally noticed that the little girl always covered her face for the night with the sheet. Pressed to explain this, she said she "didn't think it fair for the angels to watch her when she could not see them." Another night she burst out with "Mother, I cannot bear the angels here any longer! They must go out and stand in the hall!"

In this imaginative power lies, perhaps, in many cases, the true origin of that general timidity, fear of the dark, etc., which we usually ascribe, and often no doubt justly, to the foolish words of servants. I am inclined to think that we cannot possibly foresee what story will or will not, when related, rouse a little child's imaginative fears. Physical pain must inevitably come to him with the first dawn of consciousness. This alone suffices to arouse the sense of dread; and, spurred by that, he may, like a man in the delirium of fever, shape terrors which we cannot divine out of what seems to us to bring only bright and happy associations. At any rate, our own insatiable little petitioner for "nother story" is rarely granted anything more stimulating nowadays than a thinly-veiled account of his own daily adventures, told in the third person, of "a nice little boy that mamma knows." He fully appreciates the fun of this, and often helps out the account of his worst escapades by the mention of forgotten details.



## NURSERY PROBLEMS.

**Excessive Nose-Bleeding.**

*To the Editor of BABYHOOD :*

My baby, six months old, had a severe attack of "nose-bleed." She woke from a sound sleep, and blood commenced flowing and continued for some ten minutes. Is such an occurrence a rare thing for an infant? or does it indicate any serious trouble? She was perfectly well before the attack, and seems so since. Can you suggest a way to stop the flow should it again occur? Our family doctor says he never knew of a similar case, and volunteers no opinion. "INQUIRER,"

*New York.*

It is an unusual case. If it recurs, the safest and quickest remedy we can suggest is syringing the nose with quite cold or hot water (see last paragraph of article on Baths in March number). A hot solution of alum is also quite efficient—a teaspoonful of powdered alum to a pint of hot water. If it should again occur, however, the nose should be examined thoroughly to see if any local cause—a small sore or anything of the kind—exists. This is sometimes the case, and a little local treatment may save much bleeding, which is particularly desirable, as babies feel the loss of blood relatively more than adults.

**Did it Cure Catarrh?**

*To the Editor of BABYHOOD :*

My baby contracted a severe cold when only five or six weeks old, and, although I had a physician, he did not recover from the "snuffles," his nose stopping up badly every night. After trying to cure it for nearly three months by using, in turn, goose-oil, skunk-oil, fresh lard, and glycerine, I tried burning pine tar dropped on live coals from the wood stove, holding the baby, face down, over the dense smoke, which, however, did not strangle him. This seemed to relieve him and do more good than anything yet tried. (I burned the tar in the sleeping room, so he breathed the fumes all night.) But, although this relieved him very much, he was still not cured after using it some weeks. Then I was induced to try "Ely's Cream Balm." After using it two days his nose discharged four hard lumps of mucus, each as large as a pea. Since that time his nose keeps discharging nearly every day, but not such hard lumps. He does not breathe freely yet, but I do not use the "Cream Balm" so often, as I am a little afraid of using too much.

Will you tell me (1) if you think it is harmless for so little a child (he is now nearly six months old)?

And (2) has he catarrh? Perhaps this letter might help some mother who has had a similar experience with her baby. The tar, I know, will do no harm, as it is very healing for the lungs.

*Cedar Rapids, Iowa.*

Mrs. C.

(1) We know nothing whatever about the nostrum you name. On general principles we dislike all such.

(2) Pretty certainly he has catarrh. Constitutional remedies, such as cod-liver oil, would probably do more good than anything else for the baby.

**Grinding the Teeth—Water against Constipation.**

*To the Editor of BABYHOOD :*

1. Will you tell me what causes my twenty-seven-months-old boy to grit his teeth frequently during sleep? Thinking it might be caused by worms, I gave him vermifuge lozenges, with no result. He is a rosy, healthy boy, and cut his twentieth tooth two months ago. He is often restless in his sleep, awaking frequently, but not seeming uncomfortable. I am careful of his diet, and he goes to bed at six o'clock after a supper of bread and butter and milk.

2. Will BABYHOOD also tell me if I ought to force my six-months-old boy to take water frequently? He seems to dislike it, and always fights against it. I am careful not to have the water too cold, and have tried to make him take it from a spoon and from a tumbler. He has never had any food but breast-milk, and is very constipated. I almost regularly use an enema of warm water. I am constantly afraid that will injure him, but, after waiting two or three days, resort to it rather than to laxatives. I am perfectly well and strong, not subject to constipation, and have a good appetite, and drink no fluid except water. He seems to thrive on my milk, being always well and the picture of health. Will time and change of food cure him of constipation, and is it the result of his drinking so little water?

Mrs. R. P.

*Baltimore, Md.*

1. The causes for grinding the teeth are many. The symptom is probably more noticed than it otherwise would be, because once in a while grating of teeth precedes brain trouble. As a rule, however, the symptom is due to maladias which are not serious—notably digestive disturbances, one of which you have already treated him for. If you have any reason to still believe in the existence of worms, examine the seat to see if the worms are not of the kind popularly called "pin-worms," which often very much disturb the sleep of children. If you find any, an enema of salt and water is a safe and usually completely efficient remedy.

There are many other causes to be looked after. Examine particularly, however, into the state of the bowels and the urinary functions. If you do not find anything, then ask advice of your physician.

2. No, he need not be forced. It would probably mitigate his constipation in part if he would take the water, but it is not so necessary at his age that you need fight it into him. The constipation probably will yield to change of food,

but in the meantime you may feel clear that the enemias are less liable to do harm than the constipation is.

### Late Teething.

*To the Editor of BABYHOOD :*

A thing that has puzzled me is your evident disapproval of late teething. I cannot think that my baby had any tendency to rickets, as he was exceptionally strong and robust, but when a year old he had only two teeth, and did not get the stomach and eye teeth until two years and a half old. He seems to have good teeth, and, before reading *BABYHOOD*, I had somewhere imbibed the idea that late teething made good teeth, as I knew of four children who got no teeth until about a year old, all of whom had beautiful teeth in after-years. Will you not some time give a little more fully your reasons for condemning late teething as unhealthful?

*Buffalo, N. Y.*

MRS. L. P. M.

*BABYHOOD* neither approves nor disapproves of late teething. Some normal differences exist as to the time of teething—the medical books set seven months as an average for the first tooth to show, but many children begin two or three months earlier, and some later. The reason we have so frequently mentioned late teething is that, by common agreement of all who have studied the subject, it is one of the signs of rickets, and it is a sign easily noticed by the mother, while she might overlook others. We have insisted a good deal on rickets, because, in its less marked forms, it is one of the commonest disorders of early childhood, and one which seems to be habitually overlooked unless it has advanced to the degree of producing deformities.

Late teething is never an advantage. A child's teeth may be delayed by rickets, and, after his recovery, come through in good enough shape, and the second set of teeth may escape damage altogether. The late examples you speak of were probably, to judge from the usual course of such cases, children who were kept on breast-milk which was really not up to the mark, and only after weaning did they get material to push their teeth with, or, if bottle-babies, they had at length become accustomed to their food.

### Colic Accompanying Nursing.

*To the Editor of BABYHOOD :*

I have had your magazine only two months as yet, but have already derived from it some new useful ideas about the care of a baby.

There is a question I should like to see answered in *BABYHOOD*, and that is: What is the cause of my baby-girl, two-and-a-half months old, having colic when she nurses? She may have been perfectly quiet before she began, and oftentimes will only take one or two swallows when the colic strikes her, and it is only by working with her for some time that

she can get enough to satisfy her. The only time that she is not troubled is the once that she nurses during the night.

Two physicians have given her simple remedies for indigestion, but they had no effect; others said the milk came too fast, but the above sentence disproves that, as naturally at night it comes faster than at any other time. Can you tell me what the cause is? She sometimes sleeps the whole morning, and anyway is nursed only every two-and-three-quarter hours, yet always has it. Have you ever had a similar case? I have not met any one that had ever heard of it. I am not alarmed about it, but I should like to know something to relieve her at that time when she ought certainly to be easy. She is not one bit sick, but, on the contrary, is thriving nicely. A.

*St. Louis, Mo.*

Such cases are by no means rare in infancy or in later childhood—that is to say, the taking of food into the stomach excites prematurely the stomach and intestines to action. We do not know enough of your condition of health or of your baby's to tell you what is the exact cause in this case. Sometimes the trouble is due to over-irritability of the digestive tract in the child, sometimes to some unsuitableness of the food—milk, or whatever it may be. In older children, as well as in infants, it is not rare to see a meal—whether from breast, bottle, or from table—frequently or even usually interrupted by a movement of the bowels. Doubtless your baby's case belongs to the same group, although the effect seems to be limited to colicky pain. The fact that the disturbance is less marked at night does not quite clear up the matter, because your milk might be better for your rest, or Baby's digestion better for her rest. Take one of your two physicians and let him follow out the matter.

### Unusual Absence of Upper Incisors.

*To the Editor of BABYHOOD :*

Have you ever heard of a child failing to cut the upper lateral incisors? My little boy, now nearly two years old, has cut all of his teeth except these, which should have been cut a year ago, and the second molars; and I feel very much afraid that the disfiguring little spaces upon each side of the two front teeth will not be filled up. B. T. D.

*Baltimore, Md.*

Yes. Deficiency in the number of the teeth, as well as redundancy, occurs. Sometimes there is a symmetrical absence of teeth in the first set, and the second set is complete, and sometimes the reverse happens; or both sets may be imperfect or redundant.

### Suitable Food for a Weanling.

*To the Editor of BABYHOOD :*

My baby is eleven months old, and I am going to wean him this month. Mellin's Food he does not seem to like; prefers strained oatmeal. Do you

think this suitable food for him? I wish to feed him partly on cow's milk. How much water shall I put to a pint of milk? Can I use bran in milk for constipation, or is the child too young?

*New York.*

G. E. E.

Dilute the milk with the oatmeal-water. Give, at first, half *top* milk and half oatmeal-water (thin gruel), sweetened very slightly with sugar—sugar-of-milk is best. If this agrees, increase the proportion of the milk in the course of a month or so to two-thirds. Bran-water may be used, but we do not think it better than, or as good as, the oatmeal. If he is still constipated, use a coarser strainer for your gruel until you get it right. Use no drugs or nostrums until you are sure food will not regulate the bowels.

**Phosphate of Lime as an Addition to Milk—Nipples without Holes—A Peculiarity that calls for Careful Examination.**

*To the Editor of BABYHOOD :*

1. I am feeding my baby on condensed milk and Mellin's Food. It seems to me that the bone of his left leg is slightly curved forward and outward. He is pale, coughs slightly, has occasional fits of indigestion, but seems otherwise strong. He springs to his feet in spite of my discouraging it. Baby weighs thirteen pounds and is nearly six months old. I want to know if I ought to put phosphate of lime in his food? I lived on "bread and fruit" diet while carrying him, and was in perfect health.

2. In your February number I was much interested in reading about the rubber tips for nursing-bottles. I tried everywhere here to obtain the kind you specially recommended. Will you tell me where I can get them by sending by mail?

3. When my baby-boy was born he could not pass water till the operation of circumcision was performed. In that respect he is all right now; but lately we have discovered that he seems to have but one testicle. Neither the physician nor surgeon spoke of it at that time; it may be they did not notice it. I am in a new place now, and the doctor I called recently for Baby said it might drop down later. Do you ever hear of such cases? How will it affect him if it is never any different? G.

*Hartford, Conn.*

1. You cannot with success add phosphate of lime to the milk, as it is practically insoluble. If it is given at all it should be given in powder. In the digestive tract it seems in some way to enter into combinations that render it assimilable. A better way would be to call your physician, or, if you have none, that one in your city you believe to be best acquainted with children's ailments; and let him reassure you if you are doing right, or set you right if you are not.

2. The nipples without holes are not easy to find even in this great city. We usually ask the privilege of selecting from those in the drug-shops, choosing those without holes if there be any, and, if not, those with the smallest holes there are.

3. Such cases are well known to physicians. If the testicle does not come down soon after birth it usually does not at all, but occasionally it does. The retention of it altogether does not affect the prospects of the child in adult life. If it is entirely within the abdomen he will probably never have trouble from it. If it is in the canal of the groin it is liable to injury or inflammation. Occasionally prolonged treatment of a mechanical nature brings down a testicle from the groin, but it usually does not, and it would be very difficult to carry it out in a baby. If you know a good surgeon, ask him if yours is a good case for the attempt. If the trouble is in the groin it is necessary that it should not be mistaken for a hernia. When the boy matures, make him acquainted with his peculiarity in order that he may guard himself against injury.

**Queries Concerning the Bath and the Wearing of Flannel.**

*To the Editor of BABYHOOD :*

(1) Our daughter is six months old. How often can she have a bath sitting in the water? How long should I allow her to remain in the water at each bath, and what temperature do you consider best?

(2) Do you advise wearing flannel all through the summer? She is well, strong, and warm-blooded and I do not want to keep her in flannel unless it is best, as I know she would be very warm, being a fleshy baby.

J. G. C. H.

*Weeping Water, Neb.*

(1) The article in last number on Baths answers your question quite fully.

(2) Yes, ordinarily. If the baby is too warm, diminish outer coverings. If the skin is unusually irritable, put a soft linen garment next to it and a woollen one over. The advantage of flannel is that it is a very good protection against changes of temperature and prevents chilling, a common cause of bowel derangement. You must not, however, confuse the wearing of an even protection of woollen material with the common and injurious practice of overloading a child with clothing.

**More About Short Clothes, Shoes, and Flannel Bands.**

*To the Editor of BABYHOOD :*

(1) Is there any danger of my baby taking cold if I put him in short clothes before May? He was five months old on the 27th of February. He is so large, and the dresses are such a drag, that I thought of shortening them this month. When I do, I have long woollen stockings, which go above the knee, to put on him. (2) Please tell me what kind of shoes he ought to wear. (3) He still wears flannel bands, but not tight. How long ought he to wear them?

*Indianapolis, Ind.*

J. C.

(1) It will be safer to wait.

(2) Until he walks it is not important that he



should have shoes. Then get the widest and easiest you can.

(3) There is no need to wear the bands at all.

#### Questions Concerning the Food of a One-Year-Old.

To the Editor of BABYHOOD :

My baby is just one year old. I weaned him when ten months old. He was always troubled with constipation, and I fed him with oatmeal-gruel in a nursing-bottle to regulate his bowels, and since he was weaned he has had rolled oatmeal cooked and prepared with cream and sugar, the same that we use on the table. He also drinks a pint and a half of milk every day and eats some crackers, but he is getting tired of this bill of fare.

(1) What shall I feed him, and how shall I pre-

pare it? His bowels are very regular so long as I feed him the oatmeal. What shall I feed him through the summer months? He is a large, healthy boy; has been walking since he was eleven months old. (2) Would it be injurious to him to feed him occasionally some broth of chicken or beef? and (3) would a little of the meat hurt him? (4) He is also very fond of baked potatoes; will they be good for him?

Cameron, W. Va.

Mrs. J. C. McC.

(1) In Dr. Holt's article in the March number you will find many hints and suggestions.

(2) No.

(3) That depends upon his teeth. If he can chew he can have a *little*.

(4) Use the potato cautiously, if at all.



### THE MOTHERS' PARLIAMENT.

#### Wanted—Hints Concerning a Day-Nursery.

Will some of BABYHOOD's readers please to send their advice and suggestions on the building of a day-nursery? The essentials that the room is to be a corner, sunny one, with an open fire-place, are already settled.

J. D.

Cambridge, Mass.

#### A Pleasant Sunday Programme.

To the Editor of BABYHOOD :

WE have been singularly fortunate in making Sunday a happy day for our little boy, and I venture to send a little sketch of the day for your lovely magazine, knowing well that our system is not perfect, but feeling that it is pleasant to compare notes, and perhaps for some one it may contain a suggestion. If our boy of three years and a half were to be asked which is the "day of all the week the best," I am sure he would answer without hesitation, "Sunday." It is eagerly anticipated all the week, and is filled with a succession of joyous events which do not come into the programme of any of the other six days. Some little friends of ours were wont to call Sunday "*More papa day*," and that well expresses one charm of the day in our home. Then papa lays aside business care and hurry and is a boy with the boys. Perhaps an

outline of one Sunday would be a fair sample of all, and we should be grateful for any suggestions for making the day still more attractive to the "little men."

Our breakfast being a little later than usual, baby boy has his own little nursery-table and chair for the Sunday morning meal, which is presided over by his pretty German nurse, and with the oatmeal and milk is mixed a "dish of conversation" in German which we are pleased to overhear, so well carried on by our boy. At family prayers, as we read in turn, his soft voice often repeats the words "God—Jesus said—kingdom of heaven," while he turns the leaves of his Bible. The hour before church is spent with Bible cards, which are not seen on week days, and the little face is radiant when his loved "Joseph cards" and the others are brought out. The stories of Joseph, Moses, Noah, Samuel, and many parts of the life of Christ are perfectly familiar, yet he loves to hear them over and over again.

When the church-bells ring little Sam is ready, psalter and penny in hand. No doubt the service is enhanced by the fact that "grandpa" preaches at one end of the church and "papa" sings in the choir at the other end. But there has never been any difficulty in keep-



ing him quiet and attentive without the aid of anything to put in his hands or mouth. He joins heartily in the singing when anything he has learned is sung, but not loud enough to offend any one. For a little while after church I make a point of giving him an entire change and rest, to avoid an unpleasant reaction. A light lunch, a good roll and tumble on mamma's bed, or a run and frolic in the hall, a word of praise for his good conduct in church, and he is as fresh as ever.

With his papa and mamma he makes an afternoon call at "grandpa's," and as this is the only day his papa can accompany us it is a great event each time. The "Child's Bible Picture-Book" is one more pleasant feature in the day.

As we have but two meals on Sunday, dinner being late, the little table is drawn into mamma's room at six o'clock, set with our prettiest little dishes, and little boy Sam has his bread and milk, mamma her cocoa and cake, while papa often acts the part of a "little poor boy" who has been brought in from the wintry blasts to our cosy table. The little chaperon's kind, pitying air towards this "poor boy" is very sweet to see.

A little story after tea, then the night-dress is donned, the evening prayer said, good-night kisses distributed all round, and soon our Sunbeam is tucked away in bed, assuring us that "after Monday, Tu'day, We'n'day, Wur'day, Widay, and Waturday will be anudder Wun-day."

M. L. H.

*New Haven, Conn.*

#### An Advocate of Circumcision.

*To the Editor of* BABYHOOD :

I SHOULD like to lift my voice decidedly in favor of circumcision. I summoned a surgeon to examine my two boys. The doctor said that one of them would undoubtedly have had convulsions if he had been allowed to go many days longer. Since the operation was performed his sleep has been much more regular and an improvement in his general health was at once noticeable. This experience coincides with that of a number of our friends, and I am glad to say that the practice of circumcision is greatly increasing. The doctor said that many deaths from convulsions resulted from inflammation that might have been easily prevented by this simple operation. It has everything in its favor and nothing against it.

N. H. D.

*Philadelphia.*

#### Hops a Remedy for False Croup.

*To the Editor of* BABYHOOD :

I was awakened one night by a warning croupy cough, and, hastily entering the nursery, found my two-year-old baby breathing with difficulty, and showing every symptom of that distressing disease, which is a terror in so many households. Not daring to wait until a physician was summoned, and finding to my dismay that, from long disuse, the ipecac had sugared, I squeezed half the contents of a lemon in a glass with enough sugar to make it palatable, and gave a teaspoonful at a time. Remembering that I had a bag of hops in the house, I determined to try the effect of its soporific qualities. Fortunately the fire was not extinguished, and in a few minutes I made a poultice by steeping about a handful in boiling water. This was placed in a flannel sleeve, with another piece outside, so that it would retain the heat, and then fastened securely around the neck. The effect was almost magical; in a very short time my little one had fallen asleep, and was breathing easily. I have tried it several times since with the same good result, and heartily recommend it to all mothers, with the old adage, "A stitch in time saves nine."

*Morristown, N. J.*

A. D. A.

#### Another Way of Feeding the Baby.

*To the Editor of* BABYHOOD :

We have just welcomed our sixth baby, and, as our babies need to be fed after the third month, we are feeding this baby after the second week from its birth with milk prepared as follows: The milk is allowed to stand about two hours, then I take the cream and add four-fifths water, in which has been boiled a little gum-Arabic and one teaspoonful of sugar-of-milk, occasionally adding a large spoonful of lime-water. I always allow two hours between feeding times, and if the baby has the colic I give it a teaspoonful or two of warm water. He is now four weeks old, and we have not been up with him in the night more than a half-hour at one time, and that for only two or three nights.

*Sioux City, Iowa.*

M. A. K.

#### Constipation Caused by Swallowing a Tack.

*To the Editor of* BABYHOOD :

My two little boys, aged three-and-a-half years and fourteen months, were very regular in their habits. As soon as they awoke in the

morning they were taken into a warm room, and Baby Henry, from the time he was six months old, was placed in his little chair, consequently he understood why he was placed there, and I never had any trouble in regard to his bowels. Suddenly, when fourteen months old, for three days he had no movement, but would cry when placed upon his chair. This caused me alarm, still I gave him no opening medicine, always hoping to bring him around the next morning by giving him plenty of fresh air, fresh water, and opening food. On the fifth day I gave him castor-oil, and he screamed more violently than before. I then gave him an enema, which seemed to either frighten or pain him, as his entire body trembled and his garments were wet through with perspiration. Finally I called my doctor when just one week had passed, and he gave Baby an enema of warm soap-suds, causing him to cry severely, when his bowels moved, and the child passed a tack. I take entire charge of my two children, and this is the first accident I have had. One cannot be too particular about keeping the floor well swept. I noticed that my carpet was loose on the threshold, and Baby no doubt found the tack there. A SUBSCRIBER.

*Rochester, N. Y.*

#### Temper in Babies.

*To the Editor of BABYHOOD :*

Regarding "Vigorous Temper at Eighteen Months" in a recent number of *BABYHOOD*, I would say that my little boy frequently cried until he would lose his breath and become "black in the face," holding him by the heels, head downwards, and shaking him being necessary before animation was restored. Nothing but temper. The experiment of throwing a small cupful of water (the colder the better) in his face, on the first "indications," was tried but a second time, when a cure, complete and permanent, was effected. No repetition on the young gentleman's part to this day. A remedy so convenient, simple, and economical would seem to commend itself as worthy of a trial.

*Brick Church, N. J.*

C. C.

#### Magic Effects of Warm Sponging and Sperm-oil.

*To the Editor of BABYHOOD :*

Feeling a deep sympathy for those mothers whose little ones suffer from constant colds and frequent attacks of croup, I would like to give them the results of my own experience during the past winter. My children (aged two and

four) were born with catarrhal tendencies, and until this season have suffered from severe colds on the least exposure to draughts or dampness. Hitherto I had been careful to give them a cold sponge bath every morning, rubbing thoroughly afterwards, thinking thus to harden their sensitive little bodies. It was worse than useless, and in despair I gave it up, trying instead a warm sponge bath just before going to bed. The effect was magical. Neither child has had a severe cold since, and they go out every day that it does not storm. Croup, too, was one of my terrors ; but I have found it yield so quickly to a dose of machine-oil (sperm-oil) on sugar that it no longer seems such a serious matter. At the first sound of a croupy cough I give a lump of loaf-sugar soaked in the oil, and I rarely find it necessary to repeat the dose. Nauseous as it is, my children take it with the utmost avidity. I am sure any mother trying it will thank me for suggesting a remedy so efficacious as well as agreeable to her little ones. M. B. P.

*New York.*

#### Babies in Church.

I want to plead for the babies who are taken to church. In cities it is not customary to take children under three or four years to church, but in this small village babies of all ages accompany their mothers, and my observation has taught me that the service means simply an hour and a half of misery to most of the little victims. I cannot repress a feeling of indignation when I hear these restless little sufferers called "bad children" because they cannot control themselves under circumstances in which it is perfectly unnatural that they should be quiet. Babies who have the happy faculty of dropping to sleep in any place and at any time may safely be taken to church ; but for a child who cannot sleep excepting in a room by himself, as is the case with our boy, the torture of the church service is something which I venture to say the mother would not care to experience in her own person. Have not babies some rights as well as their mothers ? AGNES N. DALAND.

*Leonardsville, N. Y.*

#### A Gag to Stop Crying.

*To the Editor of BABYHOOD :*

We have had the care of a motherless little girl for the last three years, and from the time she had her first teeth, which was at the age of ten months, she would have terrible crying-spells at night. Many and many a night after

having her first nap she would cry until two, and very many times until four o'clock, and nothing that we could do would seem to do any good, although we tried everything we could think of. Finally we hit upon the plan of putting in her mouth a soft cloth wet in cold water; as often as it gets warm we wet it again, and many times has she fallen asleep with the cloth in her mouth. In speaking to our family doctor afterwards, he said it cooled the mouth and allayed the heated gums, and produced sleep. I send this, hoping others may get as much good as we did in trying this simple remedy.

A FRIEND OF THE LITTLE ONES.

*Elmira, N. Y.*

#### A Suggestion Concerning Flour-Balls.

*To the Editor of BABYHOOD :*

I would suggest that the flour-balls spoken of in the February number be made from the *entire wheat* flour, which contains all the nutritive properties of the wheat, as being preferable to the impoverished white flour in common use.

I am using it for my year-old baby, making it quite thick (three or four tablespoonfuls to a pint of boiling water), and putting on it milk and sugar, and I find it a very satisfactory food. These flour-balls have long been in use in our family, both for children and adults, and are excellent in all cases of summer complaint or dysentery.

H. E. H.

*Pleasantville, N. Y.*

#### Another Case of Arsenic in Wall-Paper.

*To the Editor of BABYHOOD :*

I want to tell you about my little boy's trials as a warning to other parents, whose children do not seem perfectly healthy, to have their wall-papers analyzed. He is now a little more than thirteen months old. When he was seven weeks old I moved into another room with him than the one in which he first saw daylight. A week or two after that we all had severe colds, Baby included, which lasted several weeks, since which time he has never been well. His cold caused him to have discharges from his ears, and a very large abscess formed on his neck, which had to be lanced. Soon after that he began to have eczema on his face, which he has not even now quite gotten over. Although he got through the summer pretty well, he was very sick indeed in the fall, owing to indigestion; and, although his food was changed to one which agreed with him perfectly, still he seemed to have no life and spirits, and at a year old weighed but fifteen pounds and had only four teeth. About a month

ago it was suggested that there might be arsenic in the wall-papers, and, having them analyzed, we found that the one in my room, where the baby had been sleeping fourteen or fifteen hours out of every twenty-four for ten months, was "dangerously arsenical." We moved at once into another room, and now he is a different child, gaining in every way. He is growing fat and strong, and wants to stand on his feet all the time. I think it ought to be a criminal offence to put arsenic in wall-paper. A.

*Brookline, Mass.*

#### Various Ways of Putting Children to Sleep.

*To the Editor of BABYHOOD :*

I never realized so fully that a mother cannot judge of what is best for other children than her own as in reading the discussion about putting babies to sleep, and I thought I should like to tell mothers of two or three different ways I had heard of and seen used.

While waiting for a train one day I noticed in the depot a young woman with a little girl about two years old. They were with a party of six or seven. The little girl seemed very restless and uneasy. I heard her ask her mother several times to "go s'leep." The mother look embarrassed, but at last, and reluctantly, laid the little one across her lap on its stomach and slapped it gently to sleep.

At another time, while visiting a chum of "ye olden time," I noticed she used still another way to get her little three-year-old girl to sleep. She said: "Mary was sick when about a month old, and the only way I could stop her crying was to turn her upon her stomach and rub her back. She seemed to get easy right away, and drop quietly off to sleep. Since then she has never gone to sleep without it. She seems to enjoy being rubbed to sleep, as other children like being rocked, and as it does not take as long I still indulge her in this little whim."

My own little boy lies down and goes to sleep alone or with any one in the room. When he seems sleepy I wash off face and hands, kiss him, and cover him up on the bed, and he likes his way best, because he knows no other.

*Canton, Ill.*

A NEW READER.

#### A Warning Concerning Rubber Garments.

*To the Editor of BABYHOOD :*

Upon "Susceptibility to Colds," allow me to suggest the danger of the habitual use of rubber garments, whether coat or boots; only the strongest can thus use them with safety. Over-

coats and cloaks are good for temporary use during severe storms, especially summer storms, which find us unprepared by warm wool garments to resist them. Many constitutions are doubtless weakened and undermined by the wearing of rubber boots during entire seasons in-doors and out. Children who wear them to school with only thin slippers never have warm or dry feet. When it seems unavoidable to wear them, see that each child carries his shoes and puts them on during each session.

Plainfield, N. J.

MRS. J. C.

### Caring for the Finger-Nails.

To the Editor of BABYHOOD :

My baby was born with miserably ugly nails, that really disfigured her pretty hands ; they were as short as they possibly could be to exist at all. When she was a tiny baby I

began gently to loosen the thin skin at their base and push it back a little every day ; after awhile a soft nail-brush was used in addition, brushing the ends of the nails, and also brushing from the ends down towards the hand ; as she grew larger a stiffer brush was used, until now, after three years, her nails are of very good shape ; and before I get through with them I mean them to be beauties. It has only taken a few minutes each day, and a little story about the naughty dirt that tries to hide from policemen brush and scissors, but is finally captured and taken clean off where it can never bother the baby again, absorbs her interest, and she watches every phase of the battle from the first onslaught to the final victory with deepest attention. The idea of fretting over her nails has never once occurred to her.

St. Louis, Mo.

L. H. H.

## THE KINDERGARTEN AT HOME.

BY GRACE C. KEMPTON.

### VII.

#### PLANES.

"And this law—the connection of opposites—hitherto considered only in philosophy, is as truly the organizing law of the mind as it is of material nature"—*Education by Work*.

FROM the solids we progress into the use of planes, thus advancing one step from the concrete toward the abstract. The first object used in this advancement is an inch square, made from stiff card-board or white-wood. These squares are of bright colors and very accurately made. The card-board planes are of the complementary colors ; the squares are red on one side and green upon the other ; the triangles blue and orange, violet and yellow, etc ; but the wooden tablets are colored at random.

This gift is not, as one would suppose, the *fourth*—for it certainly is closely allied in use to its predecessor, the third—since at this point the numbering of the gifts becomes unscientific, and is merely a convenience for tradesman and purchaser.

The gift is numbered *the seventh*, the more complicated solids being numbered fourth, fifth, and sixth.

Preparatory to the direct use of the seventh gift comes the observation of surfaces—rough sur-

faces, smooth surfaces, cold or warm surfaces, etc. At the first lesson one square is given, which exactly corresponds with a face of one of the inch cubes. It is placed upon the cube, and its relation in contrast and connection noticed in every particular. The four corners are counted, also the edges and faces. The color and other points of manufacture are noticed—the glazed surface, clear-cut edges, and corners. When these points are familiar to the child he begins to work with them as planes, and in surface does all he did with solids in the third gift.

Sometimes it is well to work with them as planes at first, with no conscious development of their relation to the solids. This depends upon the age and mental capacity of the child in question. Two exercises are used to assist in giving the correct impression of the relation of the plane to the solid. One is to present a cube formed of several tablets, and allow the child with a penknife to "play" cut the cube down. This may be done in reality by the mother with a clay cube also.

When the tablet's form, size, and color have been duly considered, attention is given to its possibilities in regard to position. It is placed, with an edge toward the child, *just* in one of the table's checks. The direction of the front edge is observed, of the back edge, the left-



hand edge and the right-hand edge ; also the directions in which the corners point. The same observations are made with the tablet placed with a *corner* toward the child.

At a second lesson two tablets are given and their relative possibilities developed. If the children clearly understand all that has gone before, a third and fourth may soon be added. The tablets may be made to form a *picture* of a post lying, a picture of a post standing. When five tablets are given a door may be laid. Seven tablets make a very good chair, also a gateway ; and with eight almost everything which has been built with the third gift can be represented.

#### FORMS OF BEAUTY.

The possibilities for a design, original or by direction, are very attractive with this gift. All the forms of beauty made from the third gift are now possible, with the additional charm of the smooth colored surfaces.

A pretty and simple series is made with five

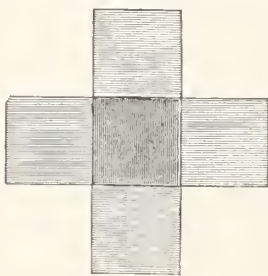


FIG. 1.

tablets, according to the following directions :

Place a tablet in a check five inches away from you, just in front, its red side up

Place a tablet in front of the one first placed, touching by an edge, its green side up.

Place a tablet behind the one first placed, touching by an edge, its green side up.

Place a tablet at the right-hand side of the one first placed, touching by an edge, its green side up.

Place a tablet at the left-hand side, touching by an edge, its green side up.

The first form of the series is then completed (Fig. 1).

Turn the front tablet so that it touches by a corner. Turn the back tablet so that it touches by a corner. Turn the right-hand tablet so that it touches by a corner. Turn the left-hand tablet so that it touches by a corner. The second form of the series is completed (Fig. 2). In this form we have excellent opportunity to

develop the idea of parallel lines, as the edges of the outside tablets will be parallel only if placed accurately.

Move the front tablet one-half inch to the right (allowing it still to touch by a corner).

Move the back tablet half an inch to the left.

Move the right-hand tablet half an inch up.

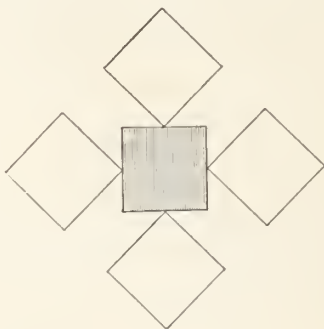


FIG. 2.

Move the left-hand tablet half an inch down. We have made a windmill for our third form (Fig. 3).

Move the front tablet half an inch up to the right (which leaves it touching by an edge).

Move the back tablet half an inch down to the left.

Move the right-hand tablet half an inch up to the left.

Move the left-hand tablet half an inch down to the right. The fourth step is completed (Fig. 4).

Move the right-hand lower tablet half an inch up to the right (leaving it touching by a corner).

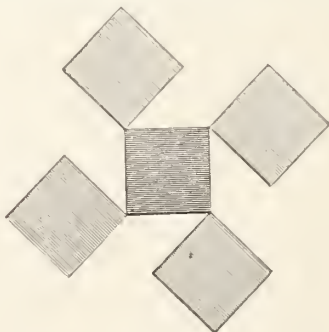


FIG. 3.

Move the left-hand upper tablet half an inch down to the left.

Move the right-hand upper tablet half an inch up to the left.

Move the left-hand lower tablet half an inch

down to the right. A windmill blowing in the opposite way is found to be the fifth form (Fig. 5).

Move the left-hand lower tablet half an inch to the right (leaving it touching an edge by a corner).

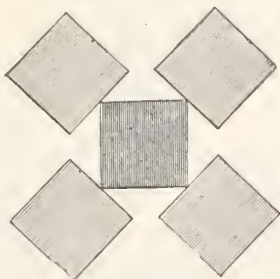


FIG. 4.

Move the right-hand upper tablet half an inch to the left.

Move the left-hand upper tablet half an inch down.

Move the right-hand lower tablet half an inch up, and we have returned to the second form (Fig. 2).

Turn each of the four tablets so that they touch by edges instead of corners, and we are back at the starting-point.

A series with eight tablets is as follows :

Place three tablets in a row, from left to right,

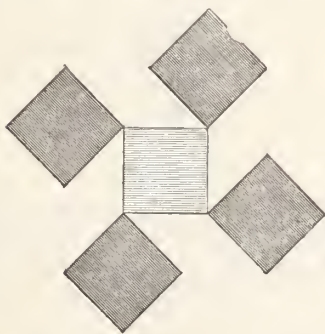


FIG. 5.

touching edges, six inches from the edge of the table.

Place a tablet behind, at the right, touching edges.

Place a tablet behind, at the left, touching edges.

Place a tablet again behind, at the right, touching edges.

Place a tablet behind, at the left, touching edges.

Place a tablet between the last two placed, and we have represented a hollow square (Fig. 6).

This square may be the starting-point of two different series: one in which the four corner tablets are left stationary and the others are moved; the second in which the four corner tablets are moved and the others are left stationary. Both series are briefly given.

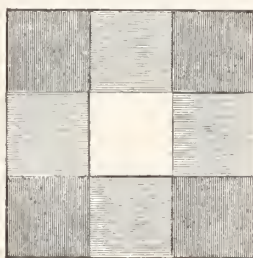


FIG. 6.

Move the right-hand upper tablet half an inch up; the opposite left-hand lower tablet half an inch down.

Move the right-hand lower tablet half an inch to the right; opposite, half an inch to the left (Fig. 7).

Turn the right-hand upper tablet so that it touches two edges by two corners; opposite the same.

Turn the right-hand lower tablet so that it touches two edges by two corners; opposite the same (Fig. 8).

Move right-hand upper tablet to touch the

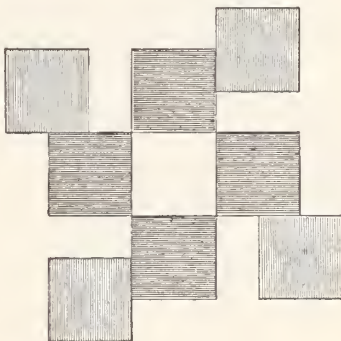


FIG. 7.

next corner below by the middle of an edge

Move the left-hand lower tablet to touch the next corner above by the middle of an edge.

Move the right-hand lower tablet to touch the next corner below by the middle of an edge.

Move the left-hand upper tablet to touch next corner above by the middle of an edge (Fig. 9).

Move the right hand upper tablet down to the right, touching edges.

Move the left-hand lower tablet up to the left, touching edges.

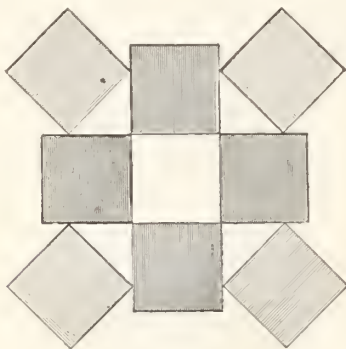


FIG. 8.

Move front tablet to the left, touching edges.

Move the back tablet to the right, touching edges (Fig. 10).

Turn front tablet so that it touches by a corner; opposite the same.

Turn right-hand tablet so that it touches by a corner; opposite the same (Fig. 11).

Move the front tablet up to the left to touch by the middle of an edge.

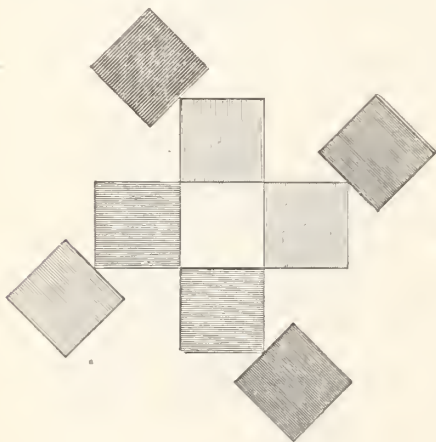


FIG. 9.

Move the back tablet down to the right to touch by the middle of an edge.

Move the left-hand tablet up to the right to touch by the middle of an edge.

Move the right-hand tablet down to the left to touch by the middle of an edge (Fig. 12).

Move the right hand lower tablet into the corner (touching two edges by two corners).

Move the left-hand upper tablet into a corner (touching two edges by two corners).

Move the left-hand lower tablet into a corner (touching two edges by two corners).

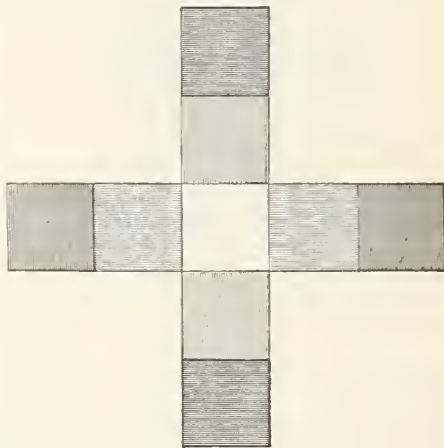


FIG. 10.

Move the right-hand upper tablet into a corner (touching two edges by two corners) (Fig. 8).

Turn the four corner tablets so that they touch two edges by two edges, and we have returned to the first form.

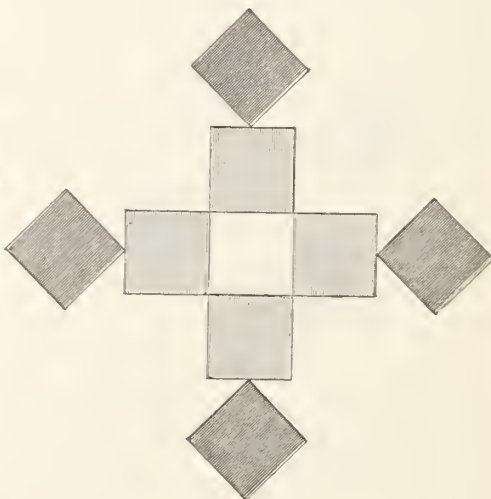


FIG. 11.

At any point the moving tablets may be changed to their opposite faces, thus making a contrast of color. Where children are advanced enough, valuable mathematical work may be done *en route* of these series.

From the last form but one we would question as follows :

How many corners do you see pointing up to the right?

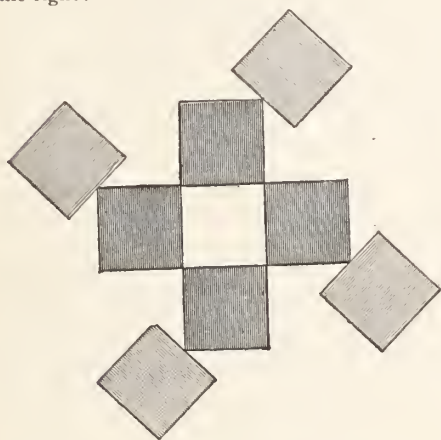


FIG. 12.

How many corners do you see pointing directly up?

How many corners pointing down?

How many to the left?

How many to the right? etc.

How many edges can you count which go from up to down?

How many edges which go from right to left?

The series in which the middle tablets are moved contains but three forms.

Move front middle tablet down one-half inch ; move back middle tablet up one-half inch.

Move right-hand middle tablet to the right one-half inch ; move left hand middle tablet to the left one-half inch (Fig. 13).

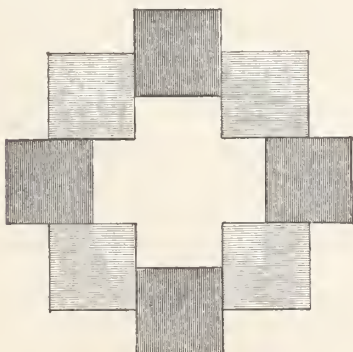


FIG. 13.

Move front tablet down one-half inch ; move back tablet up one-half inch.

Move right-hand tablet to the right one-half inch ; move left-hand tablet to the left one-half inch (Fig. 14).

Turn front middle tablet so that it projects into the space, touching by two corners.

Turn back middle tablet so that it projects into the space and touches by two corners.

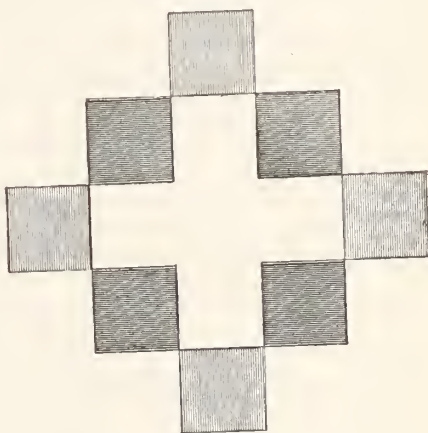


FIG. 14.

Turn right-hand middle tablet so that it projects into the space and touches by two corners.

Turn left-hand middle tablet so that it projects into the space and touches by two corners (Fig. 15).

Turn each of the four middle tablets so that they touch by two edges. (First position.)

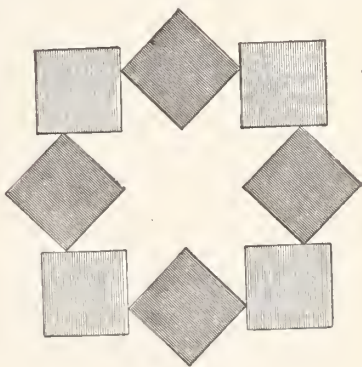


FIG. 15.

The tablets are also used for exercises for the memory and observation. A design is made and the child allowed to look at it for a certain number of seconds ; then it is disturbed and he replaces it from memory.

Forms of knowledge may be used similarly to those of the third gift.



## HIGH-CHAIR PHILOSOPHY.

—Little Susie, four years old, was being reproved by her mamma, who said she must be a better girl or she would have to punish her; that she was very, very naughty, etc. Susie began to hum a little tune; soon she sang aloud. Her mamma said: "Stop singing; don't you know that it is saucy for you to sing when I am talking to you?" Susie could endure it no longer. She burst out sobbing and said: "Didn't Mr. Beecher say that when you felt bad you must sing?"—*C. L. S., New York.*

—FAMILIARITY with sacred things does not develop a trifling and irreverent spirit in the very young, as would be the case with those who are older, although the distinction between the earthly and the Heavenly Father is not always so vividly drawn as it ought to be. It was entirely in a spirit of innocent raillery that a little one was seen to gaze fixedly at the crescent moon, which she detected in hazy outline early one morning. After looking for a moment to satisfy herself that what she saw was not due to the workings of fancy, she ran shouting with laughter to her mother, and, when she could trust herself to speak, broke out with "Such a joke on our Heavenly Father; such a joke on our Heavenly Father! He forgot to take in His moon last night!"

A dear little one pushed a chair in front of the mirror as soon as she had finished saying her prayers, and, climbing up on it, began to brush her hair vigorously. "Why, Annie," said the surprised mother, "why do you brush your hair? Don't you know that you will muss it again as soon as you put your head on the pillow. And besides, you are keeping mamma waiting." "Mamma Allen," said Annie, facing around with brightening eyes, "didn't I *des* pray 'If I should die before I wake,' and wouldn't I want to walk into heaven with my hair all brushed?"

A five year-old, named Harry, had, from his earliest months, evinced a peculiar adoration of his mother. He was never easy out of her society, and tagged her steps, when old enough, from attic to cellar, wherever, indeed, he was permitted to attend her. He was jealous of every pleasure of hers in which he was not a sharer, and this persistent and absorbing attention at times became embarrassing. On one evening little Harry was present with his mother, who was entertaining a party of friends, and, sitting up long after his usual bed-time, was forgotten by her. During the evening she was recounting to those present an incident that attended her wedding journey, when Harry spoke up from his corner, his lip trembling and his voice shaking with tears and a tone of deep injury, as he inquired: "Why, mamma, *where was I?*"

Freddy was a little one with a decided *penchant* for dirt-pies and the various amusements of childhood in which the services of Mother Earth are so popular. As a natural consequence, frequent summons to soap and wash-bowl were essential to keep him in any sort of condition. These ablutionary exercises became so necessary as to be performed at pretty regular intervals during the day. So when one morning he had played for several hours in the dirt without being disturbed, and had

gotten himself into a state of elaborate disorder, he was not a little surprised at the delayed summons. Finally curiosity to learn the cause of his strange immunity led him to hunt for his mother, who had spent the entire morning with a trying visitor. She heard her son clattering through the hall, and shuddered to think of the possibility of his presenting himself in the condition he must be in, when her promising child burst into the parlor, a most shocking spectacle, and blurted out before the amused visitor: "Why, mamma, I haven't been washed *this ever so long!*"—*H. L. W., New York City.*

—Little Jim, whose father is a minister, went, while visiting his aunt in another city, to hear Dr. A—, a speaker of great vigor. Coming from church the first Sunday after his return home, he asked his mother: "Why doesn't papa shake his arms at the people and talk angry about God like the minister at Aunt Mary's church?"

Jim, who had seen for some time only a dull, uniformly gray sky, went out of doors the first spring day, and, seeing the swiftly moving clouds, ran to me excitedly with "O mamma! come quick and see. The sky is all broken in pieces, and running away."—*O. T., Cass City, Mich.*

—Our eldest, not yet three (and a very small talker generally), on returning from a long drive was undressed and put to bed. Stretching his chubby form, he slowly remarked: "Dere's no pace yike home."—*L. P. M., Buffalo, N. Y.*

—A certain little two-and-a-half-year-old, seeing her mother preparing the baby's bottle, asked: "Is that the Mellin's Food?" Upon being answered in the affirmative, she meditatively contemplated the baby lying on the bed, and then gravely asked: "And is this the melon?"—*M. G. R., Geneva, N. Y.*

—An anecdote in a recent number of *BABYHOOD* reminded me of an incident of my childhood. My father was a clergyman, and on one occasion brought home from a wedding a large and tempting iced cake. To be out of harm's way, the cake was put in a stone jar with a heavy cover and hidden in the recesses of a dark pantry. We elder children knew its whereabouts, and so, it seemed, did the others, for as I passed the closet one day I met my youngest brother, three years old, who, with his face and hands smeared with the forbidden dainty, said to me very gravely: "Anna, you must not touch ma's cake." Investigation showed a large hole dug by little hands from time to time in the rich black cake.

Nelly, whose grandfather began life as a cabin-boy and finished as a millionaire, was paid by her mother one cent a dozen for pins picked up from the carpet, to keep the baby from getting them. "Nurse," said Nelly, as her stock of pennies increased, "do you know what I am going to do when I have six cents?" "No," answered Nurse. "I am going to buy a paper of pins and scatter them over the floor, and then pick them up," replied the young financier, who was barely five years old.—*A. B. C., New York.*



# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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VOL. III.

NEW YORK, MAY, 1887.

No. 30.

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THE purity of the water-supply of any place is a matter of the first importance to its salubrity. When, as is the case generally in American towns in summer, the drinking-water is to a considerable degree made up of melted ice, the purity of the ice-supply becomes proportionately important. Dr. Prudden, of this city, a gentleman well qualified to speak, has recently read an interesting paper on "Bacteria in Ice and their Relation to Disease, with special reference to the Ice-Supply of New York City." The interest of the subject, however, is by no means confined to this city. We cannot enter upon it beyond giving in the briefest way some of Dr. Prudden's conclusions. Bacteria of some sorts are quite generally found in drinking-water and in ice, but so far as is known these, at least if present in only moderate numbers, are not connected with any disease in the human system. In ice from most of the lakes and ice-ponds which contribute to the supply of this city, the number of organisms is restricted within probably harmless limits. Hudson River ice, on the other hand, gives a larger number of bacteria than most pond or lake ice. And, moreover, as is well known, the river receives the sewage of cities and large towns from Troy and Albany down, and there is a fair probability that disease-producing germs may be present to some extent in the ice. It is known that some such bacilli—for instance, some of those of typhoid fever—have the power of surviving freezing. The number of bacilli of all kinds in Hudson River ice is, in a general way, proportionate to the nearness of

the city of Albany to the place where the ice was harvested. Further, snow-ice is far more populous in this microscopic life than clear ice. Now, while it is true that the ice-supply is probably not the cause of any considerable proportion of cases of such diseases as typhoid fever, it is worth while to bear in mind the possibility of such a source of contagion, and to secure, as far as possible, ice from clean ponds or streams. It is evident that much ice that would be unsuitable for mixing with drinking-water will serve very well for refrigerating. For drinking we believe that in the thirsty summer season it is usually more wholesome and quite as refreshing to use water that has been placed in bottles or jars, and kept in refrigerators until needed, than to mix the ice with the water. The pure Hygeia Water, for instance, sold in this city, treated in this way, makes a very palatable and wholesome drinking-water. Those who have access to a sweet well or pure spring are free from the perplexities of this problem, but to those who reside in towns we recommend that to the children, at least, should be given, not iced water as it is usually given, with the ice jingling against the glass, but as pure water as can be obtained, cooled in the way described.

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"Mamma says you told her a story to-day, Johnnie," began a young father, anxious to impress his first-born with the enormity of a lie. "Do you know what becomes of little boys that tell *lies*? Well, then," continued this veracious parent, "*bears and*

*wolves catch and eat them up.*" This is not quoted as an example of hereditary transmission, but to call attention to a means of discipline that is often, let us hope thoughtlessly, made use of in the correction of the young. But it is a means that defeats its object. Like every other falsehood, its basis is a lie, and its results are worthy of its source. If the child believes the paternal lie—as it very probably will if it is the first from that quarter—it may, through terror at threatened consequences, cease for a time to tell untruths. But any such effect will be transient. Few children accept for long any statement unchallenged. An adventurous spirit stimulates them to put all things, so far as possible, to the test. In cases like the above the child will do it hesitatingly, even tremblingly, but he will tell the lie to see if the promised consequences actually follow. It need hardly be said that the reaction from the appreciation of the lie he knows to have been told him will more than offset any slight gain to morals that would follow a timorous but transient acceptance. If the child disbelieves from the start, the result is the same, but is more rapidly attained. Now, why should otherwise sensible fathers and mothers allow themselves to govern their children through a lying gospel of fear? The end, even if we are sure of its excellence, cannot justify such means. Children are few who do not, chameleon-like, reflect in their own persons the influences at work about them. They are imitative and quickly responsive to those that love them, and readily adopt right habits of thought and action tenderly instilled through loving example.

But this is only a phase of the broad subject of *obedience* in children, and the best means of securing it. And while our purpose is to do no more than indicate certain lines of thought in this connection, we would start first and foremost with the principle that the child should obey because it is *right* to obey. Any other foundation than this will not bear a superstructure. Obedience based upon either fear of punishment or hope of

reward will not outlive your presence and oversight. It will be lip-service only, and sure to fall before the first unprotected assault of the tempter. Secure the love of your child, and you have secured his obedience; gaining this, you will gain his tacit acknowledgment of your right to it from him. The child, thus trained, you can depend upon and can leave with the assurance that you have implanted in his breast a principle that will survive your mere presence—the principle of prompt and habitual obedience.

The usefulness of a teacher is demonstrated by the knowledge he *imparts* rather than that which he *possesses*. So the success of parents in training their children will be measured not so much by their ability as by the practical application of that ability. Many a mother fails to profit by the wisdom which she undoubtedly has, either from not having the courage of her own convictions, or from a natural reserve which is content with a consciousness of her own knowledge, but does not realize the need of constant activity in applying it. "I *knew* better than to let that child expose herself so," is often the lament after a heavy cold has developed into something worse. Or, how often may a father say: "I *might* have held that little one closer to my heart while, with his baby ways, he was yet anxious to cling to his 'papa'; now that that unknown 'dreadful boy' in the neighborhood has gained so much of his affections, it is not so easy a matter for me to hold him. I did not need to be taught; I *knew* it then as well as I do now." There is no doubt that day by day we ignore little opportunities to *profit by our own knowledge*. There is a kind of vague notion in our minds that, what with the doctor, the schoolmaster, the nurse, and the Sunday-school teacher, our little boy or girl is somehow coming out all right. Yet the hour is liable to come at any time when we will regret losing sight of ourselves and our own talents, which might be worth more than we have ever imagined possible until too late. It is quite possible to judiciously cultivate

this habit of mind without going to the other extreme and actually putting ourselves in the place, and ignoring the services of, the doctor and the schoolmaster.

An occupation that is not interesting to the one engaged in it bears meagre fruit to him and to others. A duty that does not "occupy" us—*i.e.*, does not absorb our attention and interest while we are engaged in its performance—is worth little to others and nothing to us; it is mere machine-work. As it is with occupation, so is it with diversion, which is the occupation of the young. It is surprising how many of the apparently trivial occupations of childhood can be made useful, while they abate no jot or tittle of their interest. Utilize your child's restless activities by guiding them into channels that instruct while they divert him. A study of his mind will discover to you what his tastes are, and how these are to be best guided. Mischievousness in children is often the result of parental laziness that throws them too much upon their own resources. Nothing is more certain than that, if left to themselves, they will find occupation that interests them; that it may elevate as well, it is our province and duty to make certain by timely suggestion and oversight.

The aspiring youth who fired the Ephesian dome will doubtless outlive in fame many of the embryo statesmen whose utterances adorn from time to time the page of "High-Chair Philosophy" with which we close our monthly issues when space permits. We hasten to make this announcement as our deliberate opinion, in order to assuage the mental sufferings of a well-meaning but misguided critic who writes us a long letter, evidently the lucubration of many sleepless nights, taking exception to so "high-toned" a journal as BABYHOOD devoting a single inch of its space to such silly things—or words to that effect. But though we do not hesitate to believe that there are in the world brighter babies even than the brightest of those whose deep reflections have graced these pages, we must assure

our correspondent that he is a twelfth juror against eleven obstinate ones—that we have always had abundant evidence that that department is enjoyed by the majority of readers. Indeed, the same mail which brought his communication contained one from a Michigan lady, who said that her little boy clamored for every number of BABYHOOD on its arrival, in order to turn at once to the page of "High-Chair Philosophy," thus proving that, as the patent-medicine men say, even "the children cry for it." Moreover, its contents are scissored by our worthy contemporaries almost immediately on publication, and go through the press all over the country and abroad, with and without a BABYHOOD label; and BABYHOOD's office indulges in many a smile on finding certain American papers, who wouldn't laugh at American wit if they were paid for it, copying an old uncredited BABYHOOD joke from some English paper and crediting the latter with it, in the serene assurance that they are giving their readers something really funny and new.

But these contributions are not sent to BABYHOOD with the idea that they are anything marvellous; indeed, unless the reader of them bears distinctly in mind the age of the speaker, his probable expression of countenance and tone of voice, and all surrounding circumstances, they will be flat reading. There is nothing of humor or sentiment in cold type; these things must be supplied by the reader's sympathy and imagination. We must also remember that it is difficult for us to place ourselves, toward a little child, in the position of its own parents, and discern the many conditions that make that child's doings so keenly understood and appreciated. But we think that our readers will agree with us that these little paragraphs of sentiment and reflection are, on the whole, remarkably free from undue exaltation or pretension as to the babies' smartness, and that they are a pleasing embellishment to the more serious and practical portions of the magazine.





## THE DIET OF NURSING MOTHERS.

BY EDWARD L. PARTRIDGE, M.D.,

*Attending Physician to the Nursery and Child's Hospital; Obstetric Surgeon to the New York Maternity Hospital.*

TO every woman who has had to bring up her child by nature's preferred method there has come—surely, though with varying degree of force—the question of diet during lactation. This is equally true whether the child is entrusted to the care of a wet-nurse, or the mother is able to fulfil the pleasant duty of nursing her little one at her own breast. The question may come up early or late in her nursing, but come it will to the mother, either at the suggestion of her own mind or through the responsibility of nurse or friend who considers it to be her duty to give advice.

Fortunate will be the mother who can reach settled convictions as to when to eat, how to eat, and what to eat, at an early period of her nursing, for she will then be rid of one of the most vexatious questions which will arise during the early life of her child.

### UNNECESSARY ANXIETIES.

Many a woman is made unhappy at the thought that a dietary indiscretion has caused serious, and perhaps fatal, illness in her child. Another is disturbed that from time to time, in the same way, a night of colic destroys the rest of her child and of herself as well. Others with babies who do not cry live in constant fear lest this fortunate state of affairs shall be interrupted through some imprudence in their eating.

Some women have too much milk, and are thereby subjected to great annoyance, living, too, in fear of caking and abscess as a possible result of this condition. Some have an insufficient supply or none at all, while others think they have too little, though they

have enough. So it happens that the mother may be reduced to a feeling of gross ignorance and despair when the question of her eating comes up from day to day, and, the natural suggestions of her appetite remaining unsatisfied, a condition of ill-health may result.

### HOW MILK IS PRODUCED.

As preliminary questions we must consider briefly the nature of milk and the manner of its production.

All the food which enters the stomach of the mother undergoes *digestion*, by which process it becomes broken up and subdivided, both physically and chemically, until it has reached elementary principles which are to be used for the nutrition of her body. A certain amount of unused and waste material passes out of the body by the excretory organs, such as the bowels and kidneys.

This elementary, nutritious material is taken into the blood and carried into every part of the body, and, by a process called *assimilation*, each of the various organs and structures discriminatingly selects from this material that which is required to keep it in repair and to enable it to perform its function. Thus our bones and muscles are kept healthily restored and strong enough to support and move us about. The liver is kept in healthy structure and activity, and enabled to secrete the bile—a liquid absolutely required for digestion. The breasts, likewise, obtain from the blood such material as will keep them in repair and will enable them, when occasion requires, to make milk for the nursing infant.

The breast consists of innumerable fine tubes and blood-vessels. These tubes are lined with small, microscopic, closely-packed bodies called epithelial cells. During the period of nursing these little cells liquefy, and, with the addition of water from the blood, containing certain alkaline salts, become transformed into milk. New epithelial cells, derived from the nutritive material of the blood, quickly take their place and in turn become changed into milk. Thus is the constant supply of the infant's food produced from the nutritive material in much the same way that we maintain a continuous supply of heat from our furnaces as fuel is constantly brought to them.

I hope I have indicated, *first*, how complete is the alteration which the food undergoes before it enters the blood, and, *second*, that the breasts will take from the blood such materials only as are needed for their preservation and function, and will let other materials pass on to other organs and structures for their needs, or pass out of the system if useless or deleterious.

#### STIMULATING THE FLOW OF MILK.

Our first practical question is, How can the supply of milk be increased? Higher civilization is credited with the production of small families of children and of inability on the part of the mother to nurse them. It is certainly true that the strife of existence occasions a wear and tear of the nervous system which leads to the impairment of all functions, lactation among them. This is less apparent in the country and smaller cities, yet even there it is seen to no small degree. We of this generation must accept the situation for ourselves, but realize our duties in the education of the generations to come. The constitutional impress from rapid living can be removed gradually only, but we should do our part. To-day there are women who have not food for their children beyond the first two weeks of their existence. Those belonging to this class must be quickly recognized, and must not be subjected to anxiety attendant upon protracted and fruitless efforts to maintain a milk-supply. There is another

class with whom the effect of a proper and generous diet is to cause marked increase of weight and size through their becoming fat, while no increased supply of milk is observed. Women thus affected gain little or nothing for their infants by observing the dietary rules which we shall advise, and may be obliged to give up nursing, wholly or in part, owing to deficiency of the breast-supply.

#### QUALITY AND QUANTITY OF FOOD.

The great majority of mothers, however, upon observance of certain general rules, can nurse their children longer, and provide food in more ample quantity and better quality, than when acting with no method. The amount of milk can be best modified by the amount of liquid food taken into the system, while the quality depends upon the kind of food. Food must be nutritious, easy of digestion and assimilation, and in good amount. The mistake most frequently made is that of too much and too hearty food. It is absolutely essential that the digestion be at its best, and this can never be the case under the "stuffing" process so often adopted. Eat enough, but not too much. An appetite also must exist, and this requires on the part of the mother a good supply of sleep, fresh air and exercise, a cheerful spirit, with freedom from the strain of numerous household duties. An over-conscientious mother always makes a poor wet-nurse.

Food need not be taken in amount greater than healthy appetite dictates, but every mouthful must be of an efficient kind. Six meals a day should be the rule—three with the other members of the family, and three extra ones. The *appearance of the child* is the only reliable guide as to quantity and quality of its food. Let the extra meals consist of milk, gruel, cocoa, or chocolate, in whatever arrangement or combination best suits the taste. Beer is often recommended, but has never the value of the articles of food just mentioned. It increases the flow of milk, as it does the urine, but it is not nutritive. Ale, porter, and malt liquors generally tend to disorder digestion, and are of doubtful value, though an apparent result is

obtained by them. We would not discountenance them, but would adopt the first-mentioned means before resorting to the latter. Regular meals must be of substantial food, with reasonable variety. Meat, eggs, strong broths, preparations of milk with barley, arrowroot, oatmeal, etc., are desirable. Especially avoid food known to produce, or suspected of producing, indigestion. Tea and coffee must not be taken in excess. They do not feed, and they take the place of other articles which would nourish. They are too stimulating, and should be taken in great moderation, simply to gratify the taste—never to obtain an appreciable, immediate, or remote effect on the system. In excessive use they tend to interfere with digestion.

#### VALUE OF MILK AS FOOD FOR MOTHERS.

When a marked material deficiency is to be met, milk will be the best food. It is the type of the combination of alimentary principles called for by the purpose of our selection of diet. The objection is often made that it does not agree with the person who is advised to take it. Try it faithfully *now*, even if it has always made trouble before. Many articles of food which are harmful when there is no demand for them are not only harmless but very beneficial when essential to the healthful performance of some function. The course of treatment advised will not only be in the food interest of the infant, but also in its other interests, through those of the mother, by establishing general functional equilibrium and steadying her nervous system, which at this time is in a condition of exalted susceptibility.

#### NIGHT NURSING TO BE DISCONTINUED FIRST.

If, in spite of this course of management, the milk seems insufficient as indicated by *weight and appearance of the child*, let the latter be fed artificially at its two or three *night* meals, being entirely removed from the mother's care. This gives the latter good, refreshing nights, and enables her to continue her day-nursing for some time

longer. By following this plan many a woman will continue to feed her child *chiefly* upon the breast.

#### ADVANTAGES OF LACTATION TO THE MOTHER.

One other point which may properly be mentioned in this connection is the great value of lactation, for a period of several months at least, as an aid to complete and satisfactory local recovery after child-bearing. Nursing for a few weeks—better for three months—materially assists the parturient organs to the recovery of tone and healthy function, and tends to the prevention of inflammations, uterine catarrh, and displacements.

The information and advice which I have given suggesting the way to improve the amount and quality of milk, can, I think, without farther comment, also indicate how to diminish an over-supply.

I have thus far omitted suggestions as to food and management of the mother during the first week after confinement, when the important function of lactation is being established. Advice for this period would naturally be sought from the physician in attendance, and will greatly lessen the discomforts and dangers of that time. It is enough to say here, that six or eight hours after labor the infant should be put to the breast, and from that time until the breasts fill, the child should nurse about four times in the twenty-four hours. The advantages to the mother from this plan are, the development of the nipple, accustoming it to the irritation of suckling, the education of the mother in holding the child, the teaching of the child to nurse, and, finally, that the coming of the milk will be more gradual, with little pain, instead of sudden, producing great local pain and constitutional disturbance. At the time when the breasts are expected to fill the food should be solid or semi-solid, with very little liquid.

#### GROUNDLESS OBJECTIONS TO ARTICLES OF FOOD.

At this point some reader says to herself: "These generalities are good enough, but I

remember to have been told that I must eat no vinegar, no spinach, no fruit of any kind, or my nursing baby will have colic and diarrhœa; or, on the other hand, the milk I am taking seems to constipate my baby, and perhaps sweet potatoes are producing the same tendency."

These and similar questions will be raised about almost every article of food. Summer vegetables will suffer condemnation first, or perhaps fruit and berries, then condiments and anything regarded as acid, then winter vegetables, and even meats. I think I am more than justified in considering particularly and in detail some of these questions.

Babies will cry, some more than others, and almost invariably for some good and sufficient reason. Why should the explanation reached, nine times out of ten, be that something eaten by the mother within the last twelve hours is the cause? Surely some allowance should be made for irregularities in the time and amount of feeding, in the child's position as it lies, for sounds which annoy it, sights and bright light when it wants to sleep, visitors who excite it, and frequent change of nurse or attendant. The first is most potent as a disturber of its digestion and the cause of colic. To take up the subject of why babies cry would be to unreasonably enlarge this article and carry it beyond its scope. Healthy children must cry a little; it seems to be necessary to the development of some and is part of their exercise, and it is not necessary nor desirable for the mother's happiness and peace of mind to decide in every instance that some article of food which she has eaten is responsible.

Let us revert to the beginning of this article and call attention to the statement that the milk-producing organs take up from the blood such nutritive principles only as are needed in making milk, and all other unnecessary or deleterious material goes to organs which carry it out of the body.

#### VINEGAR.

In order to be a little more specific let us occupy a few paragraphs in considering

some of the articles which have been cited as often believed to be the source of colic and bowel disorder in the child. Vinegar is regarded a source of great mischief, and the nursing mother generally abstains wholly from its use. This is certainly advantageous to her as against its excessive use, for its use in excess, essentially that of acetic acid, is never proper, and quite likely to derange digestion. Yet this substance could not by any possibility enter the milk as acetic acid or vinegar.

#### FRUIT.

To fruits and berries are frequently attributed the production of colic and cramps in the infant. The mother must not eat them in excess, as they will certainly affect her comfort; and how? let us ask. By producing pain in the stomach and bowels, and diarrhœa. What could be more natural than for the mother to credit to the fruit she may eat any similar disturbance which her child may have within the next twenty-four hours? This conclusion must not be reached too hastily, however. The cause of the mother's cramps and diarrhœa is the direct irritation of berry-seeds, pulp, and the indigestible parts of the fruit in and about the core, visible in her movements. Could these get into the milk and affect the child? Perhaps the reader says that it is the acid of the fruit which makes the trouble in the child. Our answer is that physiology teaches us that these acids become *alkaline* carbonates at an early step in digestion.

#### MEDICINES.

Some mother may suggest that after taking citrate of magnesia, Seidlitz powder, or some other saline cathartic, the baby had loose bowels. I cannot deny her statement, but I can say that the medicine could not have produced the child's trouble. The saline ingredients of these laxatives never enter the blood of the mother, and consequently cannot enter her milk. They simply remain in the bowels, and by their presence cause a watery flow from the blood into and from the bowels.



Constipation in the mother is a bad thing, for it deranges her health. Yet constipation itself cannot produce the same condition in her infant. The condition of health as the peculiarity that produces the constipation in the mother is likely to recur in the child, and hence the repetition of the peculiarity. Laxatives to the mother will not correct the child's constipation.

#### GENERAL ADVICE.

These illustrations will suffice to show that one unacquainted with physiological and medical facts should not decide such questions on a limited personal experience. My advice would be to eat a variety of food, eat reasonable quantities, never indulging inordinately in such articles as, on first coming in season, prove very tempting to the palate. Eat in a way to promote the continued health of the *eater*. Fresh green vegetables—lettuce, spinach, and the like—contain iron and other ingredients essential

to the blood, and if eaten fresh are nourishing and in turn improve the quality of the milk. If they are not fresh and have begun to ferment, they may cause the partaker to have violent illness, and to be unfit to produce a rich and abundant supply of milk.

There are medicines which may be given to the mother and may reach the child through the milk. Excitement of any kind can influence the amount and character of milk, causing it to be very unsafe to the child. Bad health of the mother will lead to milk of a poor quality. Finally, there may be some food ingredients the active principles of which may reach the child, but these are few and extremely unlikely to cause it severe pain or sickness.

Let the nursing mother eat well, thinking of herself rather than of her child, and thus spare herself unnecessary uneasiness, while at the same time she enjoys the gratification of the appetite which Providence has bestowed upon her.



## THE DEVELOPMENT OF SPEECH IN INFANTS.

BY WILLIAM BUCKINGHAM CANFIELD, A.M., M.D.,

*Visiting Physician to the Union Protestant Infirmary, Baltimore.*

NO man can remember when and how he learned to speak. That a certain order in the development of speech is observed by the large majority of children is more than likely. All new-born children have the sense of hearing very little or not at all developed. The first cry is reflex, just as a headless frog may be made to croak by stroking its back. After a short time, however, the infant cries because it is in pain, cold, or hungry. Many affirm that the infant of one week is soothed by the cradle-song because it hears the song, but I think the motion which accompanies the song is the quieting element. Infants as

early as the sixth to eighth week have been known to take pleasure at the sound of music.

#### THE FIRST UTTERANCES.

The fond mother occasionally maintains that certain sounds of the infant have certain meanings, and attempts to interpret these sounds as early as the second or third month. The sounds which an infant utters in the first six months of its life are, to say the least, very simple.

At first only vowels are heard, and in the second or third month the consonants begin to appear. The first consonant used

is the "m"; and later, as the infant opens and shuts its mouth, a "b" may be detected. An infant in the seventh month may be able to understand that some one is talking to it, and make strenuous efforts to answer, bringing forth such sounds as "pa," "ta," "ma," "da," etc., which some ingenious relative generally translates into meaning volumes. As idiots and deaf-mutes are unable to give vent to such utterances at this age, we must conclude that an infant who can emit such sounds is conscious of what it is doing. At the same time, when infants under six months of age seem to respond by cooing noises, etc., to persons addressing them, they have, of course, no more intelligent idea of what is said than a well-trained dog has—in fact not as much. The tone and not the words conveys the meaning. For any one can try the experiment of addressing threatening words in a pleasant manner to an infant or a dog, and the impression received is naturally a pleasant one, the tone and manner conveying the idea. The first word the majority of children say is "mamma," and why? Is it because they are taught that word first? It is possible. But a better explanation might be that the mere movement of the lips with forcible breathing is enough to produce such a sound.

#### INTELLIGIBLE SOUNDS.

The age at which a child learns to talk varies so much with different children that no fixed time can be given. One may begin to utter sounds, intelligible to the mother only, at eight and ten months, when another cannot make itself understood at three years. As a rule, girls begin to talk before boys. The child learns to speak by imitating. There is a great difference between different children in this respect. All mothers notice with pride the first few words spoken by their children. Some children hear words and repeat them parrot-like without understanding them (a fault not always absent in adults), and again children understand what is said to them without being able to repeat the words, just as many of us have expe-

rienced in a foreign country where we understand but are helpless to repeat or respond. As a general thing children who repeat words have an idea of what some of them mean.

#### BACKWARDNESS IN SPEAKING.

It may be said that children who speak early and learn quickly are not so intelligent as those who learn slowly and develop more gradually. This may serve as a consolation for many a mother who imagines her child (generally the first one) is backward in learning to speak. This is probably because those children who learn to speak early neglect to understand what they say, while those who learn slowly have the advantage that their intellect keeps pace with their ability to repeat and remember words. The brain of the precocious child develops more quickly, and this development is brought to a close more quickly and with less perfection than in the slow and backward child, who, like the tortoise in the race, reaches the goal first. In fact, we know that men of remarkable memory are rarely celebrated for any great intellectual power. In this, as in all things, precociousness is not to be encouraged. The infant prodigy is apt to become the adult fool.

#### THE CHILD'S VOCABULARY.

Who has not noticed the simplicity of a child's conversation? A few hundred words suffice to express everything an ordinary child wishes to say, while an eloquent adult may use as many thousand. Just as a child learns its own language it can learn foreign ones. An English child, for example, can learn French from a French nurse or German from a German nurse with as much ease as it learns its native tongue. This is an important point in favor of the so-called natural methods of learning and teaching foreign languages. A child may be taught two languages at once and use them both, rarely confusing them. Indeed, even three languages are not too much for some children.

#### DEFECTS OF SPEECH.

Children when learning to talk should be encouraged but not pushed. Indeed, up to

the fifth, sixth, and seventh year a child should be left entirely alone and not tormented with schools and kindergartens, and after this age it will learn with much more certainty.

Occasionally, in process of learning to talk or after it has already learned, the child gives evidence of some impediment. I do not refer to tongue-tied children, who are usually treated soon after birth. Stuttering is often a great drawback to a child's or even an adult's conversation. It may be caused by some defect in the organs of speech, as cleft palate, hare-lip, enlarged tonsils, or a peculiar arrangement of the teeth, or, what is still more frequent, it is simply a bad habit acquired by imitation. The child seems to have great difficulty in bringing out the second or third syllable of a long word, and certain letters are pronounced with greater difficulty than others; also words beginning with a vowel are easily pronounced, whereas those beginning with a consonant not so easily. The cause of stuttering has been attributed to certain diseases of childhood, and particularly to fright and bad treatment at home and at school, as well as to voluntary and involuntary imitation. Boys are said to stutter more than girls. Kindness and care will rarely fail to cure this defect, especially if the child be old enough to see its importance. But whipping and scolding a child will only tend to make the trouble worse. Mothers can often help such children by making them count three or take a long breath before each word, speaking slowly. If this defect be very marked, then the child should be sent to some institution where it will soon be broken of this habit. Obstinate cases may require treatment for three, six, or even twelve months, and in any case the child should not be removed from instruction un-

til a perfect cure has been effected. Parents are so often tempted to dismiss such an instructor when the child is beginning to improve, thinking they can continue the treatment themselves. This generally ends in the child's relapsing into its old habit before long.

The fact that stutterers can sing is because they pause slightly between each word.

#### PECULIARITIES.

Mothers may have noticed that children rarely at first say "I," but always speak of themselves in the third person, as "Johnny wants to do so and so," or "Mary has so and so." Some say this is so because children have no feeling of personality, and much useless philosophizing has been wasted on this point. A much simpler explanation is that children, true to their imitative principles, repeat just what they hear. They are rarely spoken to as "you"—*i.e.*, mothers rarely say, "Johnny, do you wish?" or "Mary, have you?" That would sound rather out of place addressed to a child of three or four. Mothers most frequently say: "Does Johnny want, etc.?" and "Has Mary, etc.?"

Children and dogs seem to possess in common the instinctive power to distinguish friends from enemies, and persons of different ranks and classes from each other. Children in some parts of Germany call adults whose names they do not know "uncle" and "auntie." While watching children at play in the Thiergarten in Berlin, I occasionally amused myself by talking with them, and was always struck with the fact that they addressed me as "uncle," and any ladies or gentlemen near by as "auntie" or "uncle," but in speaking to the nurses of other children, or to the men at work there, they always omitted this prefix.



## WHAT NOT TO NAME THE BABY.

CERTAIN volumes have appeared from time to time having, among other features, lists of names, male and female, which the anxious parent may consult in what is often a serious dilemma. But what has not been published, so far as we are aware, is a list of names that should not, under any circumstances, be saddled for all time upon one who has neither strength to resist nor voice to protest. The question as to Baby's name is a most serious one, but the one person most seriously concerned is, unfortunately, the one most rarely considered. And who is that? Why, Baby himself. Parents will spend months of time in consultation and research to find a pretty name for Baby, without often considering in their decision whether that which pleases them now will gratify him when he is old enough to realize what they have done. Verily, when one comes to consider the responsibility imposed upon parents in the decision of this important question, the wonder is almost that any baby is named at all. Consider, for a moment, what this name is, and the relation it is to bear to your boy's future or your girl's happiness. Save the air that we breathe and the water that we drink, there are few things so near to us as our name. It individualizes, distinguishing each from every other one, so far as anything can, and is one of not many things in this world that are exclusively our own. As it is ours to keep for always, with all the satisfaction the possession of a good name affords, so is it *not* ours to lose, but is fastened irrevocably upon us unless removed by legislative enactment.

The desirability of a good name may, we think, be taken for granted without further argument. What, then, is a good name for Baby? We can, perhaps, best answer this question by stating what, in our opinion, it is *not*. We may say, generally, that a good name for Baby is one that is not unsuitable.

This is very like saying that a good name is not a bad one. But a name may be unsuit-

able for very different reasons. Do not give Baby a name because of a certain fitness that may be but transient. Remember that the graces of childhood, beautiful and attractive as they are, cannot last, and with their departure should go what belongs with them. To have a slight, graceful child baptized *Minnie*, and have her develop into an overgrown and awkward girl, is a misfortune we have known to happen more than once. *Minnie* she can never be again in the sense in which the name was given, but *Minnie* she must ever be if called by the name legally her own. Just so with *Dolly*, *Pet*, etc., which, though usually given as nicknames or terms of familiar endearment, are occasionally used, to their owners' cost, at the baptismal font. Names that suggest certain types of character are unsuitable, as their fitness cannot be decided in infancy. The names *Lily*, *Peace*, *Charity*, *Content*, etc., are often wofully belied in the after-lives of their holders. A more common instance of the above is that of the name *Frank*, used in so many different forms. "The Franks were distinguished from the Gauls and degenerate Romans by their independence, love of freedom, and scorn of a lie," says Trench. It is true that these distinctions are largely lost sight of in the wide use of the name, but what shall be said of *Deodatus* and *Theodore*, who, though "given by God," are often found leading anything but sanctified lives?

Without taking space to speak of names that are sure, either through length or peculiarity in composition, to lapse into undignified abbreviation, and which often evince a most provoking vitality, we would next call attention to the very bad taste—to call it nothing worse—of naming Baby with the name of some distinguished person whose virtues you hope he will emulate and whose attainments you trust he will ultimately equal or surpass. There is no more swift and certain death-blow to future ambition than this. Such a name condemns its owner not only to a hope-



less mediocrity, but it makes that mediocrity ridiculous. The babies that have been named with the name of Grover Cleveland, and who are said to average one per week, will not, it is safe to say, twenty years hence, "rise up and call their parents blessed." Indeed, the President is reported to have said, a few days ago, that it made him sad to think how many Grover Cleverlands would be in the penitentiaries twenty years hence.

A final suggestion, in this connection, is that it is never wise to give dear Baby a name without considering the significance of the initials that are to form it. And should these spell, in order, an objectionable name or

quality, a life-long mortification is the result. One unfortunate individual of our acquaintance was weighted down at birth with the initials P. I. G. He chose to be a clergyman, and, as he was stout and dwarfed, the contrast between his ecclesiastical robes and his significant initials was not always lost sight of. A professional friend, about to name his first-born, decided upon one whose initials formed the undesirable combination A. S. S. He was fortunate in making the discovery in time. A third case that occurs to us is that of a modest, retiring man whose every signature bears the inflated initials G. A. S. Other examples will occur to the minds of many.



## "EIGHT-MONTHS" AND OTHER PREMATURE CHILDREN.

BY LEROY M. YALE, M.D.

NOT until a correspondent of *BABYHOOD* asked for a word regarding the superstition that an eight months child could not live, while a seven-months child would, did we realize that this grotesque belief was really seriously entertained by any one. If the belief were simply that an eight-months child was at a disadvantage as compared with one that had been carried to full term, it would be entirely correct. But as the superstition stands it is so incorrect that it is not easy to account for its existence. In an early number, *BABYHOOD* quoted from an address of Dr. Jacobi on "Popular Medicine" as follows:

"Do you know in what way this belief was explained by a great professor of Padua, who made himself the mouth-piece of all the wise women in the world? Simply thus,

and I hope you will remember it: In the seventh month of the development of the child, Luna (the moon) holds sway. She aids the vitality by her humidity—as for that matter, the moon is quite dry, and it is the nights that are damp—and by the light derived from the sun. In the eighth month Saturn governs. He devoured his children, and still carries on the business. The ninth month sees the sway of Jupiter, the dispenser of life, and this is well for the children."

Now, one who has to give the reason for a thing that does not exist always has difficulty, and we should not criticise the learned Paduan too severely. We could do no better now. It is possible, however, to suggest some reasons why the belief, once started, might be kept alive by credulity

which interpreted occurrences to suit a pre-conception. Thus, the period of pregnancy, not being a fixed one, may vary within quite a wide limit (several weeks) without being considered by an accoucheur to be abnormal. This, combined with the inaccuracy of many persons as to the essential data upon which any calculation must rest, leads to the remarkable confusion and errors as to the expected time of delivery. It constantly happens, therefore, that at the time of delivery, if the child is feeble, poorly developed, or likely to die, some wiseacre starts the theory that it is an eight-months child. If it is strong nothing is said or thought about the matter, and the infant is accepted as a full-term child. If, however, a child is born two months before it was expected, the fact is generally recognized. Now, these alleged seven-months children, as every one knows, often survive. But in point of fact many of them are really eight-months children, and this would alone refute the superstition, if any refutation were necessary. The real truth is this: the nearer a child is to the full average period of gestation at the time of its birth, the better is its chance of survival. An eight-months child has a better chance than a seven-months child. The general opinion that puts seven months as the earliest period of delivery at which a child may live only expresses an average and not a hard-and-fast rule. Children younger have survived, even without greater appliances for their care than can usually be had.

In this connection a few words may not be out of place regarding the care of children prematurely born. The great need of any new-born infant is heat and afterward food. These needs, and particularly that of artificial heat-supply, increase if the birth is premature and in proportion as it is early. The loss of the child's natural heat is best prevented by enveloping it in a covering which is a good non-conductor, such as cotton wool, or even better, if it can be obtained, the wool wadding (real wool) sold in shops; farther, by uncovering the child only so often as is necessary for its proper

toilet, and giving its baths only when needed for cleanliness, and then using water of about 100° F. Often premature children do not need such care, but if they seem to be feeble it should be resorted to.

Artificial heat can be supplied by bottles of hot water, hot bricks, and the like placed in the cradle, near enough to the child to warm it without inconveniencing it. We have often employed with satisfaction the ordinary rubber bag commonly used, when filled with hot water, for a foot-warmer. One of the largest size filled with warm water makes a very good mattress upon which to lay the feeble child. A folded blanket below, and the baby's cotton or wool envelopes above, keep the temperature without much change for a long time. The water is easily renewed when it has become cool.

In lying-in hospitals, particularly on the Continent, various contrivances have been devised for the especial purpose of saving premature or feeble infants. One in use for many years consists of a vessel in shape essentially like an ordinary bath-tub. But it has double walls like an ice-pitcher. On the top of the head of the tub is an opening for pouring in warm water; at the bottom, at the foot, is a faucet for letting out the water when cooled. The child, protected as described, is placed in this tub and kept there as much as possible until strong enough to be treated as are other children.

A more recent and more elaborate apparatus is called the *couveruse d'enfants*, which may be translated *child-incubator* (*couveruse* meaning literally a setting hen). It is a box with double walls, the interspace packed with sawdust. A partition divides it into upper and lower compartments. In the lower is placed a metal box so arranged that a circulation of air may take place around it. It has a faucet for drawing off the water, and an aperture for filling. The thermo-siphon and spirit-lamp render it possible to warm the water whenever the air in the upper chamber is cooler than is desired. From 85° to 95° is aimed at, according to the condition of the child. The top of the in-

incubator has a door of double glass with ventilation-holes about it, and at the side is a second door more convenient for the removal of the cradle when necessary.

Such appliances are, of course, rarely demanded in ordinary practice, but this brief description may be of use as suggesting simple substitutes in cases where they may be needed.

The feeding of feeble children is the next important problem. If the child can have good breast-milk and is able to draw the breast, it has the best food, and has a good chance of survival and ultimately of thriving. If it cannot have milk from the breast of its mother or another nurse, it must be fed with the best possible substitutes.

If a child is very premature or exceptionally feeble it may be unable to suck; in that case the breast-milk or food should be carefully fed to it either from a spoon or injected in small quantities into the stomach through a soft, flexible rubber tube—a catheter, for instance, the introduction of which is not difficult. From a report of the success obtained with the incubator for two years at the Maternité Hospital in Paris, where it was used only for children weighing four pounds or less, it seems that more than two-thirds of the children were saved. This should certainly encourage those who have to meet the problem of rearing premature infants, and help them to disregard the superstition which was the text of these few remarks.



## NURSERY OBSERVATIONS.

**Remarkably Keen Perceptions.**—My little boy was very delicate, but at two months took great delight in examining the gold letters of "Merry Christmas" painted on the blue ribbon of his straw rattle. At eight months he was seriously sick, and during convalescence he was immediately soothed and quieted, stopping crying instantly, on my singing a certain Mother Goose rhyme. I would continue the same tune, changing the words, but before one line was finished he would cry. Repeated experiments failed to bring any other result. The first picture-book was shown him when he was eleven months old, and he immediately turned it *right side up*, turned the leaves singly between thumb and finger, as though he had been used to it all his life. From that time books were his great delight. At fourteen months he wanted to hear the stories read, and the instant any one sat down in the room with him he crept up, bringing a certain Greenaway book, and would sit rapt until he tired the reader out. He was never known to want a change for other amusement, and when the last page was reached he turned again to the beginning. About three months later, when he had learned to speak a

few words, he came to me one day with a new book to be read. I told him to sit down by me and I would tell him a story while he looked at the pictures and I sewed. All my stories were greeted by cries of "No! no!" and tears of disappointment. I soon found that he knew the pictures were new, and he was hearing the old, familiar rhymes. On my reading the new book he was happy again. Experiment showed that of the two books which he daily played with, one containing over fifty pages, he knew the rhyme belonging to each particular picture, and never failed to say "No! no!" at any change. These are but a few of the many instances where he showed remarkably keen perceptions which I will not take space to tell you of.—*F. B. S., New York.*

**Fainting from Fright.**—I passed through an experience with my baby girl a short time ago which caused quite a little panic in the household. I was sitting at my work one morning, overlooking the play of my happy, hearty little two-year-old, when she suddenly complained, "O mamma, I sick! Take me!" This was rather unusual, as she is perfectly healthy in every way; but she had been grieving over a

slight bruise received a few moments before, so I stooped to take her in my arms. Imagine my surprise when her head dropped lifelessly upon my shoulder, and I saw that her face was deathly pale, her lips blue, and her eyes half-closed. My first thought was of a convulsion, and I started for some hot water; but when I saw that her limbs did not stiffen, but that she lay 'n my arms in a limp, apparently lifeless condition, I was at a loss what to do. We tried to revive her with water, but the best that I could do in my anxiety was to leave her in my mother's arms while I started in breathless haste for a doctor. After five unsuccessful attempts to find a physician I at last ran across one, who took me into his sleigh and drove back to the house at a headlong speed. We found the little one lying on the sofa, conscious, but still pale and languid. "I feel better now, mamma," she said on seeing me. The doctor thought she had simply fainted away, though from what cause it was difficult to say. He left powders and orders, with the advice to keep her lying down for a few hours, as she would doubtless be nauseated if she got up. In less than ten minutes after he left, however, she sprang to her feet as brightly as ever, and ran to show grandpa where she had scratched her finger. She showed no signs of any sickness throughout the day, and we all felt a little doubtful as to the cause of such a sudden attack, when the little one herself explained the dilemma. I was putting her to bed, and asked, not expecting an answer, if she knew what made her sick in the morning. "Yes," she answered promptly. "I did sc'atch my finger, and it bled and f'ightened me awfully; and it did make me sick in my stomach, right here." The little scratch had been so slight, and she is so brave about her bumps and bruises, that I had given no thought to it; but on talking it over we remembered that this was the first time she had ever seen the blood come, and she had been somewhat disturbed over it, and had shown it to all the members of the family, eliciting an unusual amount of sympathy. Then I had tied the finger up in a rag, thinking it would soothe her, but it had only heightened the awe of the situation in Baby's mind, and she brooded over it until she fainted as described. I myself used to faint very easily as a child, so the case is quite clear to me now; and if I had simply laid the baby on her back, given her fresh air, and a little stimulant perhaps, I needn't have lamed myself ransacking the town for a physician.—*A. D. B., Lancaster, N. H.*

**Wept when her Mother Sang.**—My little girl was affected by the sound of my voice in a most disagreeable way. When she was a tiny baby I could not sing even softly while she was asleep, without waking her at once, and she always woke crying. She was ordinarily a heavy sleeper. If I began to sing when she was awake she would invariably begin to cry. After she began to walk, up to four years of age, if she heard me singing she would leave her play or playmates, as the case might be, and come stealing into the parlor, and presently I would hear the sound of subdued sobbing behind my back. She is now, at the age of eight years, a vigorous girl, still very fond of music, but no longer weeps over it. She always enjoyed her father's boisterous singing. Lest anybody may wonder if she was the only one who *felt* like weeping when I sang, I may say, modestly, that she was the only one who ever *showed* her disapproval of my singing in this way.—*E. A. C., Honolulu, Sandwich Islands.*

**Does Not Like Music.**—The case of a little girl which has come within the range of my observation is worth telling to the readers of *BABYHOOD*. She is exceedingly delicate, nervous, and excitable. As she comes of a rather musical family, one of the primary lessons laid down for her was music. When less than a year old she would scream herself sick at the sound of a piano; and when she was eighteen months old, one memorable evening was spent in the endeavor to break her of this habit, which ended in her being carried off at last in an agony of convulsive crying. As she grew older her surroundings were changed, but she had passed her seventh year before a piano was brought home. In the interim she had learned to listen to one quietly, though never voluntarily, and the different kinds of musical toys that were bought for her gave her no pleasure. A rather strange fact is that from infancy she seemed to enjoy singing when not accompanied by an instrument. At the age of four she could catch an air quite easily, though with defective notes here and there. The same peculiarity still remains, for she cannot perceive the difference between her own and the correct sound of the notes, though they may be played or sung for her again and again. In spite of her freely expressed dislike to it, her parents appear to think that it is their duty to have her taught music, and use the argument that she can "be made to learn." Now she does show a decided taste for drawing. A box of water-colors and a Kate Greenaway painting-book



made her happy for weeks, and she begged for a "painting teacher." As an incentive to the music, one was promised as soon as she could play an exercise correctly. For a few days the plan seemed to work, but at the end of that time she told me in confidence that she didn't "believe she could learn to play," she "hated it so," and she'd learn to paint some time whether she had a teacher or not. Let me add in conclusion that the other children in the family do not partake of this aversion.—*Aunt Nellie, York, Pa.*

**Another Whistling Baby.**—My little girl at the age of ten months whistled so well that it attracted a great deal of attention. She picked it up without any teaching. We took her on a journey at that time, and while waiting in the stations she would whistle so loudly that people would look around and exclaim: "Just hear that baby whistle!" She dropped the accomplishment entirely after a few months.—*A. E. P., Huntington, L. I.*

**The Sense of Order Early Developed.**—Baby Helen is just sixteen months old and is developing a faculty for putting things in their places that might be copied to advantage by many persons older than she. I have taken no pains to teach her to do this, though we have encouraged every inclination in that direction. One day she took her father by the hand, led him to the closet, and indicated—as she talks very little—that she wanted a bag of buttons hanging there which she was accustomed to have for a plaything. When this was handed to her, instead of wishing to play with it, she put into it a button which she had found on the floor. Recently she took a number of papers and books from the lower shelf of a table in the sitting-room and scattered them about the floor. When I came in I noticed the disorder and said: "O Helen! what have you done? How this room would look to any one who came in!" Without thinking that the baby understood me, I went on with my work, and on looking up in a few minutes Helen was putting the last of the papers on the shelf, having picked up every one. She nearly always puts her toys into their respective boxes when]through [with them ;and

one of her chief amusements is to take a small broom and pretend to sweep, putting every thread, paper, etc., into the coal-scuttle. At the table she will frequently want to leave her chair and go all the way around the table to put the cover on the sugar bowl.—*Helen's Mamma, Elmira, N. Y.*

**An Unusual Memory.**—About six weeks ago I called on a lady for the first time, and saw her little boy, who was about to celebrate his second birthday that week. His mother told him my name, and I held him a few moments, but was not with him over fifteen minutes, and, not being an intimate friend of the lady, I hardly think he can have heard my name mentioned since. A few days ago I met the boy with his nurse, who had never seen me, and who therefore cannot have told him who I was. I never supposed the little one would know even my face, but, not liking to pass him unnoticed, I said, "How do you do, Seymour?" and to my surprise, after a moment's hesitation, he replied, "How do, Mrs. Mellers?" which was as near as he could come to pronouncing my name. I was exceedingly surprised, and his nurse told me that in all things his memory was most astonishing.—*M., Brooklyn, N. Y.*

**Tracing Analogies.**—My two-year-old girl, a clergyman's daughter, was allowed to go to church one Sunday when a number of babies were baptized. She was greatly interested in the ceremony at the time, but we supposed she forgot about it directly. A number of weeks afterwards, while we were at dinner one day, she commenced to talk about seeing papa in church with little babies. He said, "Oh! I think you are mistaken," but I suspected what she was thinking of, and on questioning her found I was right. "There!" I said, "she *does* remember about the christening." "'Es," she assented, nodding her curly head emphatically. "I did go to church and see papa *water dose 'ittle babies.*" Were we mistaken in thinking this quite original? She had observed the daily watering of the house-plants, and all unassisted had worked out in her baby mind the analogy between that and the sacramental pouring of water.—*A. E. P., Huntington, L. I.*





## NURSERY PROBLEMS.

### Ambidexterity—Disregarding Printed Directions —Sore Nipples.

To the Editor of *BABYHOOD* :

(1) In all the numbers of *BABYHOOD* that I have seen—and I have missed but few—I find nothing about teaching a child the use of both hands instead of confining him to the right. My boy of twenty-six months uses both hands alike, and has no difficulty nor awkwardness with the left. Until he is able to eat at the table, feeding himself, I shall make no distinction. Am I not right? At table, of course, he should not be singular in the use of knife, fork, or spoon, but I believe in all else he should be able to command one hand as well as the other.

(2) My little girl of ten months is a bottle-baby, fed on "Carnrick's Soluble Food." Is it the best thing for her to have it without milk or diluted cream? The maker seems to think so, but as I hear so much about milk being the *only* food for babies I would like your opinion. She had diluted cream with it, but it seemed to augment her colic, from which she suffers greatly. How much ought a baby of that age to take at a time? She throws up a little, but it seems rather to be forced up by wind than from any sourness of stomach.

(3) My baby is bottle-fed because of the suffering caused by sore nipples and two gathered breasts, the milk being so transformed by my nervous terror from the pain that it nearly killed her. As you publish in the interests of the mothers whose paramount interests are their babies, do you know or can you surely recommend a cure for sore nipples? Not only fame but riches would certainly belong to him who found a speedy and certain relief.

Brooklyn.

R. M. S.

(1) The question of ambidexterity is a very interesting one. If a person can use both hands alike, or nearly so, he has a great advantage over others. By no means discourage the use of both hands. But examine if he has real ambidexterity, or whether he is left-handed. A left-handed person is usually easily taught to use his right hand, but he is likely always to resort to his left hand for any effort of strength. It has been urged that all children should be taught to use both hands alike, but practically it is impossible, for scientific inquiry has shown that in proportion as races or peoples are cultivated the left-handedness disappears. No people is known in which left-handedness predominates, but some tribes exist in which, if our memory serves us rightly, as many as one-third of the individuals are left-handed—at least

three times as large a proportion as among Europeans or Americans. And this predominant right-handedness is not the result of education, but of heredity, as most children require very little teaching to make them use the right hand, and a great deal to use the left. The child that shows ambidexterity should be encouraged in it, and if you wish your boy to have certain table manners teach him only at table. Do not make him ashamed of his left hand.

(2) As you know, *BABYHOOD* believes in milk as the essential element of a child's diet; but if you make use of any "food," you ought, for your child's safety and in fairness to the maker of that food, to use it as directed. A reputable manufacturer in putting out a "food" assures himself of the composition of his wares, and gives directions that he believes will best fulfil the purpose of making digestible nutriment from them. We, therefore, urge that any one who uses a "food" should carefully read the directions and as carefully follow them. If, after such a painstaking trial, you have reason to be dissatisfied, you can discontinue the food. But you should not try a course of original experiments and charge the result to the "food," which has not been used according to directions.

(3) "Sure cures" rarely exist out of the realm of popular medicine. We have none to offer. But careful attention to the details given below generally insures immunity or speedy cure. The usual causes of sore nipples are two: First, want of development of the nipple, which makes it difficult for the child to nurse without violent sucking; a similar condition results from flattening of the nipple from pressure by a corset for years, the nipple becoming broad, but not prominent enough for the lips to grasp it. The second cause is want of cleanliness—not want of ordinary cleanliness, but of absolute cleanliness, or, as the medical phrase is, "surgical cleanliness." It may be said at the start that some persons—particularly persons subject to eczema—seem to have a greater tendency than others to these nipple troubles.

When the nipple is not well developed or is flattened, much may be done during the later months of pregnancy to enlongate it by gently but persistently drawing it out and pressing backward at the same time the darkened skin around it (areola). If at this time the surface of the nipple seems to be tender, it can often be hardened by the frequent bathing with alcohol or with some astringent solution, such as alum-water, alcohol and alum, witch-hazel extract, and the like. Occasionally a person is found whose skin does not tolerate these applications, but in the great majority of cases they agree and are beneficial. But no preliminary preparation will be effectual if the details of toilet of the nipple, presently to be spoken of, are not heeded.

Sore nipples are of two kinds: those that are tender or excoriated ("raw") and those that are fissured or cracked. The prevention and much of the curative treatment is the same for both. The first kind are usually made tender first of all by the oozing of the watery liquid that precedes the milk. This, with the moisture of Baby's mouth and a little milk (when it has come) left after nursing, if not removed with the utmost care, will remain in the minute folds of the nipple-skin and soon set up an irritation. At first, to the naked eye, or even with a magnifying glass, nothing is evident but a redness of the surface; but this spot is exquisitely tender, and many women who have bravely borne the suffering of labor shrink from the putting of the baby to the breast. This, if not promptly attended to, becomes a raw surface, and even more tormenting than before.

Now, from the start the nipple should be kept scrupulously clean. It should be bathed before sucking and after it. Some mild and unirritating disinfectant should be used—boracic is our own preference—in the warm water employed for bathing. It will be worth while to examine the nipple, and particularly its base, for wrinkles and folds of the skin, because in these the fermenting liquids hide and set up the irritation. If such folds be found they may be washed out by the aid of a camel's-hair pencil. The parts should then be carefully dried, unless the attendant thinks it better to keep some soothing wash always on the nipple in the intervals of nursing. One authority advises the use of Goulard's extract—a teaspoonful to a tumbler of water—to be kept for several days on the nipple by means of a soft cloth, washing it carefully away before nursing.

If but one nipple is sensitive the task is easier, for then the child may take the other for

a day or two, the tender breast being carefully emptied by stroking and rubbing. Two days' rest of a nipple almost always results in a cure. When, however, both nipples are troublesome, they require more attention, but the rest of both breasts results in a disappearance of the milk altogether.

The treatment of cracked nipples demands the same precautions as have been detailed. In addition the fissures themselves often, if not usually, need local treatment; but as this can only be well carried out by the physician or a well-instructed nurse, it is not worth while to enter upon it here.

### Sleeping with the Head to the North.

To the Editor of *BABYHOOD*:

Is there any scientific ground for the opinion held by many that there are advantages, magnetic or otherwise, to be derived from sleeping with the head to the north?

Yokohama, Japan.

ELSIE ELLIS.

We have often heard the topic raised in conversation, which shows that such a belief exists; but we have never heard or seen any facts to show that the practice is beneficial, nor any plausible argument advanced why it should be. There are quite a number of popular notions about the position of a bed that we might enter into, but the space can be better employed.

### A "Cleft Palate."

To the Editor of *BABYHOOD*:

Our five-weeks-old daughter was a "seven-months baby." She has a "cleft palate," and does not nurse. We are very ignorant about this malformation; there may be other parents in the land suffering the same anxieties that we are. Will *BABYHOOD* enlighten our ignorance—

1. About the supposed cause, if any;
2. If the cleft usually prevents nursing;
3. At what age an operation should be performed; and
4. How successful such operations generally are in removing imperfections of speech?

Clyde, O.

SUBSCRIBER.

1. The causes are somewhat obscure. Among those that are known are heredity, and insufficient meat-diet and phosphate of lime on the part of the mother during pregnancy. Some authors go so far as to think the latter the chief cause.

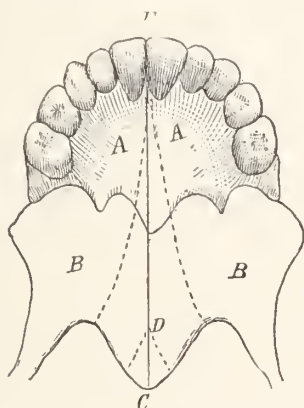
2. They cannot nurse, or very rarely. Very large, flat rubber nipples have been made so as to fill up the roof of the mouth and make suction possible. They are worth trying, if they can be obtained. They are not usually kept for sale.

3. By the end of the second year in ordinary cases. Some surgeons operate earlier.



4. Careful training of the voice is necessary to overcome certain difficulties of speech that sometimes exist.

"Cleft palate" varies very greatly in degree. In the accompanying diagram A A represents the hard palate, B B the soft palate, including the veil or hanging palate, which ends at C, the nola. The line C E stands for the central line of the



palate, along which these arrests of development occur. They vary from a simple cleft of the nola (dotted lines to D), which is of hardly any moment, to defects of soft and hard palates reaching quite to the front teeth, or even, in aggravated cases, through the jaw and lip (dotted lines to E), making the severer cases of harelip in addition to the "cleft palate." The nature of these peculiar defects—i.e., their essential dependence upon arrest in the ordinary process of development—is quite an interesting matter, but to discuss the topic properly would take us beyond the limits of a "problem."

### Suppurating Ear.

To the Editor of BABYHOOD:

My boy is nearly thirteen months old; he has always been well and very strong, walking alone since eleven months old; has eight teeth, and four double ones well along, and is weaned in the daytime. My trouble is this: When about five months old, about the time his first teeth commenced coming, matter began to run from his left ear. I consulted a doctor, and he advised syringing and putting in a preparation he gave—glycerine and rose-water, I think—and the running seemed to stop. Every time that his teeth would be coming it would start, and for the last month or two the ear has been running quite steadily, at times a thick matter with quite an odor. Several times, by pressing the opening in the ear together, I have forced considerable matter out; it never seems to pain him. I notice him feeling of his ear, and shortly after will see a discharge. Once I know it pained him, but it does not generally. When nine months old he had a severe cold, his tonsils being so swollen that he could not nurse for

two days. Within the last two months he has had severe boils on his face, and I have been told it came from my feeding and nursing him. He gets bread-and-milk and potato, and sometimes a few crumbs of plain cake, but nothing else. He seems to have a fondness for cheese. (1) Would a crumb or two be hurtful? (2) Is milk that stands in a living-room too cold for him?

I have laid his ear trouble to his teeth, but no one seems to have heard of such a thing. (3) Can it be catarrhal? His father when young had a great deal of *earache* from enlarged tonsils. (4) Please tell me what to do for his ear? (5) When will it be best to wean him at night? (6) He comes of a healthy family on both sides, so think there can be nothing inherited.

MINNIE.

Lockport, N. Y.

(1) We believe that cake is never beneficial to children, and usually before two-and-a-half or three years it is distinctly harmful. Cheese is, of course, quite out of the question. There is something quite incongruous in giving such things to a child who still suckles.

(2) Probably not too cold, but milk should not stand in a living-room unless it is to be immediately used or is in a refrigerator in the room. Milk cannot be kept sweet at the ordinary temperature of such a room.

(3) It probably was originally catarrhal and is now purulent.

(4) It should have constant care. It should be cleansed daily or oftener with a syringe, and probably better with some antiseptic solution, which your physician can give you, than with simple warm water. Such a condition as you describe should not be neglected, and should not be treated by yourself except under explicit directions.

(5) He should have been weaned nights long ago. Begin at once. Night-weaning ought to precede day-weaning.

(6) Read article in February number on "Scrofulous Tendencies."

### Peppermint-Tea.

To the Editor of BABYHOOD:

Is there any particular objection to giving babies peppermint-tea as a remedy for wind in the stomach? *Brunswick, Me.*

MEDIA.

None, in moderation.

### Lard and Molasses—Red Cheeks—Towels—Natural Sleep.

To the Editor of BABYHOOD:

My baby is now three-and-one-half months old, weighs seventeen and one-half pounds, laughs out loud, sits up with very little support, and can almost pull himself up. He has noticed us and smiled ever since he was three weeks old, and has always held his head up and had a perfectly stiff back, often holding legs and all perfectly straight when he is lifted. He has never taken anything but mother's



milk. He is often much constipated and cries as if in pain.

(1) Is peppermint binding?

(2) Would you give "lard and molasses"? He feels his teeth somewhat.

(3) For three weeks his cheeks have been as red as a poppy, and sometimes his nose also. Is this all right, and, if not, do you think it is caused by "Ely's Cream Balm," which I have rubbed on his nose and forehead for a slight snorting and a bead of mucus in each eye every morning? Ought it to be used at all on babies?

(4) He has always had a collection of small red spots between his eyebrows and on his upper lip. Isn't it time they began to disappear, if they are going to of their own accord?

(5) For his towels I have used pieces of old gauze undershirts, but shall soon be reduced to new material. What goods are soft enough?

(6) Thrice lately has he slept from eight P.M. to seven A.M. Ought I to wake him between? He usually wakes at eleven and three also. B. G.

(1) Very slightly so, if at all.

(2) "Lard and molasses" is a laxative of domestic repute. It hardly can be considered as an example of "elegant pharmacy." But if Baby really needs a laxative by mouth, it is not harmful for occasional use. If you wish a suggestion we would recommend the phosphate of sodium or suppositories as far preferable—see BABYHOOD's recent articles on constipation.

(3) Red cheeks may be a sign of good health, or very often of a tendency to eczema; the pimples described incline our opinion to the latter alternative. We have already confessed our ignorance of the "Balm."

(4) Yes.

(5) If you mean his bath-towels, you will do well to mainly dry him in a bath-blanket. Old sheets torn up make soft wiping-cloths; so do old towels. If you are driven to get new, you will find some of the softest cotton towels that are soft enough for ordinarily sensitive babies' skin. If there is great sensibility get "cheese-cloth," boil all dressing out, and you will find it quite absorbent and very soft.

(6) If the sleep is natural—i.e., not the result of any exhaustion—do not interrupt it.

### A Guide in Feeding Babies.

To the Editor of BABYHOOD:

My baby-boy is ten months old and weighs twenty-one pounds. He has never been fed on anything but condensed milk since a week old. He cut his first and only tooth about two weeks ago.

He seems well and gains in strength and weight, but is so constipated that I am obliged to give him something two or three times a week to produce a daily movement. Usually it is a half-teaspoonful of Castoria. I tried putting strained oatmeal in his milk, but he had such a breaking-out on his face that our physician advised me to discontinue it. I do not feed him oftener than once in three hours during the day, and but once from seven P.M. until six A.M. Very often he has nothing during that time. We

have a Holstein heifer with calf three-and-a-half months old. Would you advise me to give Baby her milk? If so, when and how proportioned?

Birmingham, Conn.

F. B.

The April number answers very fully the inquiry about constipation.

The feeding is over-frequent for ten months of age. If we calculate rightly, he has at least five day-meals, and usually one night-meal. At his age he can go easily without the night-meal—indeed, would better do so. Then the day-meals can be separated a little so as to fall, say, at 6 and 9.30 A.M., 1, 4.30, and 8 P.M., the amount at each meal being somewhat increased.

There is no objection that we know of to giving the milk of your cow. The subjoined table we have had a great many years and believe to be a safe guide. It also will serve for diluting condensed milk when once the relation between the latter and ordinary cow's milk is determined:

For a child from	From ordinary cow's milk, quarts.	Take top milk, gills.	Add water, gills.	Making food for 24 h'rs, gills.
2 to 10 days old,	1½	1½	3½	4½
10 " 20 " "	1½	1½	4½	6
20 " 30 " "	2	2½	6	8½
1 " 1½ mos. old,	1½	3	6½	9½
1½ " 2 " "	1½	3½	7	10½
2 " 2½ " "	1½	4	7½	11½
2½ " 3 " "	1½	4½	7½	12
3 " 3½ " "	1½	5	7½	12½
3½ " 4 " "	2	5½	7½	13
4 " 4½ " "	2½	6	7½	13½
4½ " 5 " "	2½	6½	7½	14
5 " 6 " "	2½	7	7½	14
6 " 7 " "	2½	7½	6½	14
7 " 8 " "	3	8	6	14
8 " 9 " "	—	8½	6	14½
9 " 10 " "	—	8½	6	14½
10 " 11 " "	—	8½	6	14½
11 " 12 " "	—	9	5½	14½
12 " 13 " "	—	9½	5½	14½
13 " 18 " "	—	9½	5	14½
18 onward " "	—	10	5	15

Eight ordinary tablespoonfuls equal one gill; six equal three-quarters of a gill; four equal half a gill, and two equal a quarter of a gill. It is best to have a gill cup.

### Apple-Sauce—Woollen Night-Dress and Stockings.

To the Editor of BABYHOOD:

Having been brought up with firm faith in the wholesome properties of apple-sauce, I was not a little surprised to see it placed in the list of "Forbidden Articles" for children under two-and-a-half years. I am very much interested in the subject, for I have given apple-sauce freely at morning and noon meals, for the past five months, to my little boy of just two years. Its laxative properties have been invaluable to him, and I have depended on it to regulate his bowels.

(1) Am I really doing him an injury?

(2) Also, I should like to ask if I would be safe in leaving off the use of the little gauze undershirt at night this coming summer, and let him wear simply a cambric night-dress?

(3) Is it necessary that he should wear woollen stockings through the summer? He is very warm-blooded, and I should be so glad to dispense with these if possible.

He lacks the "two year old" teeth to make the

first set complete, and I think that those are pushing their way through now. A SUBSCRIBER.  
Cleveland, O.

(1) You have, not unnaturally, confused two things—the apple-sauce as food and as a laxative medicine. As a food it is undesirable chiefly from the amount of cane-sugar necessary to make it edible, or at least acceptable to the childish palate. If requisite as a remedy it may be given precisely as molasses, olive-oil, or castor-oil might be given. If you cannot keep his bowels free by the use of ordinary diet, keep on with the sauce if you see no ill-result.

(2) We believe that it is always safer to keep up the flannels and woollen stockings, and to get rid of other coverings, because a child is often restless at night, and his covering should be uniform. If he wears it he cannot kick it off. The night-dress of light flannel (shirt and drawers and stockings in one) will often do away with need of covering, and is, as those who have tried know, the most comfortable night apparel in hot weather.

(3) For the same reasons we cling to the woollen stockings, which may be light in weight, but the wool is the needed material.

### "Bedside Poetry."

To the Editor of BABYHOOD:

Will you please inform me where I can obtain a copy of the book of "*Bedside Poetry*," the preface of which you quoted in your last issue? T. T.  
Syracuse, N. Y.

It may be had from the publishers, the D. Lothrop Co., Boston, or from any bookseller, who will obtain it on order, if not already on hand. Price, in two bindings, 75 cents and \$1, postpaid.

### Life in the City.

To the Editor of BABYHOOD:

My little daughter was born in Northern Dakota last January. Would it be imprudent to spend the summer with her in Brooklyn, N. Y.?  
Carrington, Dak.

L. W. D.

The fact that the child was born in Dakota probably will not influence the question. Any one spending a summer in a great city with a baby must give every attention to the little one's welfare. If your baby is wholly nursed, and your dwelling is to be in the cleanly part of the city, you will probably have no great trouble. If the child is to be fed it will be safer in the country. And bear in mind that in cities one's sanitary surroundings greatly depend upon one's neighbors. Some sections are clean, sweet, and wholesome; some foul and pestilent. Inquire well into the surroundings before you come.

### Slow in Teething.

To the Editor of BABYHOOD:

My little boy, aged about two years, has an almost constant diet of Graham bread, baked or mashed potatoes, baked apples, milk-toast, poached eggs, a few bites of beefsteak occasionally, and gravy on bread or potatoes. He has a cup of warm milk morning and night, sometimes with coaxing, as he is not fond of it; he will not have his bread in it. In spite of my persistent endeavors, he will not touch oatmeal, cracked wheat, wheat-germ meal, fine hominy, rice, or any of the cereals. He is backward with his teeth, having but fourteen. Could you suggest anything in his diet to forward their growth? Would you advise more meat?

Des Moines, Iowa.

M.

If the Graham bread is the real article made from ground wheat (meal, not bolted flour), he ought to get the benefit of the cereals from it. In reading your dietary we do not see any objectionable article, and it does not seem that the slow teething is due to faulty feeding. There is no real need of more meat. Possibly a little treatment addressed to his digestive organs might enable him to make better use of what he does eat.

### The Temperature of the Bath-Room—Soap.

To the Editor of BABYHOOD:

Your article in the March number on the "Child's Bath" leaves me with three questions to ask:

(1) What should be the temperature of the bath-room?

(2) Is the use of soap necessary or desirable in daily baths?

(3) For children's use which is preferable, a good castile soap, or some of the numerous "scented" or other "fancy" varieties? H. K.  
Brooklyn, N. Y.

(1) About 70° F.

(2) Only necessary at places where especial need of cleanliness exists—face, neck, armpits, and seat and groins. But as the moderate use of bland soap is not harmful to most skins, it is easier to go over quickly the whole or most of Baby's body than to pick out spots for washing.

(3) "Castile," if of good quality, is excellent. There are other excellent soaps made. But avoid scents. Your object is to clean the baby, and to know if it is sweet when you have finished you must avoid artificial smells. A clean baby is sweeter than any perfume.

### Putting into Short Clothes Immediately.

To the Editor of BABYHOOD:

(1) Will you please to give me your opinion about the new plan of putting new-born babes into short clothes at once?

(2) Will you kindly inform me what can be done, previous to confinement, to harden my nipples, which are very small and extremely tender?

La Caimas, W. T.

E. D.

(1) The only object of "long clothes" is

warmth for the baby. If you can make *sure* that its limbs are kept well warmed and covered in some other way, there is no need of the long skirts. In cases of illness of babies we have before now ordered a warm woollen garment, made wide at the bottom, but sewed up there. We have also urged—without much success, we admit—upon some mothers to make for a strong, kicking baby a similar skirt which, fastened about the waist, would permit unlimited use of the legs without exposure. It is not pretty, and hence—except as aforesaid in illness, when it is ordered, not advised—the suggestion is not followed.

(2) This has been pretty fully answered elsewhere.

#### Decaying Teeth.

To the Editor of *BABYHOOD*:

I.

My niece, a little girl nearly five, was born with a dislike for milk. Her first teeth are very poor, and we are wishing to know if (1) there are any preparations in the market really valuable in aiding the formation of second teeth; also, if any article of diet is more preferable than another. Perhaps it will be well to add that the child has an unusually sensitive, nervous temperament.

*Lynn, Mass.* AN INTERESTED AUNTIE.

II.

My baby is a year old, has twelve teeth, but they are all decaying. (2) What am I to expect in relation to the second set? She has always had lime-water in her milk. (3) Would *BABYHOOD* advise giving lime water until the second teeth are through? M. T. C.

*Elmira, N. Y.*

III.

My baby-boy, seventeen months old, has fourteen teeth. The first ones already show signs of decay. (4) What is the cause of this, and can it be arrested? (5) If so, how? (6) Also, which are the "stomach teeth"? F. M. S. M.

*Canfield, Ohio.*

(1) There is no preparation that is valuable except in so far as it may benefit her general condition. Everything that tends to make her strong will increase the probability of her second teeth being sound. Sometimes the syrup of hypophosphites is useful, but its use is governed by a variety of conditions, which can only be judged of by a competent person who can personally examine the child.

(2) Unfortunately this trouble is only too common. The condition of the second set will depend upon the health of the child in the years preceding the appearance of that set, and upon the care you bestow upon the first set.

(3) See answer to (5) below.

(4) There are several causes known, besides some which are only partly known. By all odds

the commonest cause is faulty nutrition, which may exist whether the child is nursed or fed.

(5) If the defects are localized, your dentist can do much to preserve the teeth by careful attention. If the decay is general, involving the whole surface of the teeth, he can do less or little. But he should by all means be consulted and allowed to judge whether or not the case is one which he can benefit. The expense will be well repaid by the improvement in the child's freedom from toothache and in the better condition of the coming set.

(6) The "stomach-teeth" are the canine or "eye" teeth of the lower jaw. The canines are called "eye" teeth because of their position under the eye. Those of the lower jaw are called "stomach-teeth" from tradition or superstition that their eruption is attended by unusual stomach disorder.

#### Proper Nourishment for the Mother.

To the Editor of *BABYHOOD*:

I would like to know if any one can tell me what to eat or drink in order to give enough to nourish my baby, which is now four months old.

*Tahlequah, Ind. Ter.* A SUBSCRIBER.

See article in present number on "Diet of Nursing Mothers."

#### Butter and Eggs.

I.

To the Editor of *BABYHOOD*:

I have a little motherless girl of two-and-one-half years, and I would very much like to have your views regarding butter and eggs as a regular diet for her. She has had added to her hominy-and-milk a little cream, also a little cream to her milk for breakfast. After the hominy she has had a soft-boiled egg, topping off with bread and butter. She has just had a bilious attack, vomiting at intervals for some hours. She threw off considerable bile. Finally, after a sufficient lapse of time, a mixture of bismuth was given to her, when she went to bed and slept soundly throughout the night, and was "as bright as a button" in the morning, and is all right now. What I wish to avoid is a repetition of the attack. What, then, is your opinion of butter, in the first place, if given liberally to children, and what do you think of a soft-boiled egg every morning as part of Baby's breakfast? My little one has a delicate frame and digestion, but is perfectly well and healthy. S. G.

*New York.*

Butter in moderation is usually advantageous as being an easily assimilated animal fat. But it would seem that you have given it to your little girl without moderation. Thus: she had it in the milk on her hominy; she had more in the added cream, again in the milk she drank and in the second added cream, and then she "topped off" with more on her bread. Probably, altogether, she got at least as much as a man of

strong digestion would take for his breakfast. It does not seem necessary to add cream to good milk—indeed, usually it is injudicious, and a child who uses much good milk does not need additional butter.

The fresh egg also is usually well borne, and probably will be again if you moderate the amount of fat you give with it. Try hominy, milk, and the egg. If you have trouble then, give the egg on alternate days, limiting the amount of milk at that meal.

The fact that your little one has a delicate digestion should render you careful, and she may be one of those persons (who are not so common as is supposed) with whom eggs do not agree; but before believing this, try the above suggestions.

II.

*To the Editor of BABYHOOD :*

(1) Does BABYHOOD advocate the use of soft-boiled eggs for babies a year-and-a-half old? I have seen it mentioned in one of the articles on feeding infants, but I do not know of any one who really uses them—I mean among my own friends. (2) Are they constipating, and (3) could one be given every day if they seemed to agree? (4) Also at what age should a child begin to eat butter on bread? My baby-girl, who is nearly seventeen months old, has never tasted it. Two or three of my friends are in the habit of giving it to still younger children. Mrs. M.

*Brooklyn, N. Y.*

(1) The egg is permissible, and its use should be watched to see if it agrees.

(2) Not usually.

(3) Yes.

(4) When its teeth enable it to chew the bread thoroughly. If the child takes much milk the butter is not necessary, but a small quantity is not harmful.

**Keeping the Mouth Open.**

*To the Editor of BABYHOOD :*

My six-year-old son will not keep his mouth closed, and is not only imperilling his health thereby, but also injuring the beauty of his features. He closes his mouth when told to do so, but in less than a minute the lower lip is again hanging. What course shall I take with him? Z. Z.

*New Jersey.*

First of all, ascertain whether the habit is not due to some obstruction in the nasal passages which leads him to open his mouth for ease of breathing. It is assumed that the habit is not the result or sequel of any ailment attended with loss of power, as he closes the mouth when bid. If there is no discoverable peculiarity in nose or mouth, the custom of dropping the jaw must be set down as purely a habit, such as is often seen. If it be so, we have nothing to suggest beyond

persistent admonition until the child is old enough to give attention to it himself. But first see to the nose.

**Eczema-Spots—Frequency of Suckling.**

*To the Editor of BABYHOOD :*

My little boy, six months old, has an obstinate spot of eczema in front of each ear. They seem to occasion him no discomfort, and he is perfectly well in other respects and exceptionally strong and active. I myself have a slight tendency to eczema. (1) Ought I on that account to stop nursing him? (2) He nurses six times during the twenty-four hours. Is that too often? His intervals during the day are three hours and a half. L. A. W.

*Hanover, N. H.*

(1) If your milk is probably of good quality, you need not stop nursing. If Baby has his eczema from you it is by inheritance, not by suckling.

(2) We should prefer five sucklings to six, getting rid of the night-suckling as far as possible, it being both better for Baby and better for you to get a good long night's sleep.

**Weak Limbs.**

*To the Editor of BABYHOOD :*

My baby, thirteen months old, has crept for some time, but does not try to stand at all yet or pull himself up, and does not seem to care to rest on his feet. As he is quite fleshy, is it best to let him partly rest his weight on his feet, and in this way try to teach him to walk? Some of my friends think it would be best; but as his ankles and limbs seem weak yet, I am so afraid of injuring them. Will you please give your opinion? A CONSTANT READER.

*Jamestown, N. Y.*

Do not hurry him at all. If he does not walk for six (or indeed twelve) months yet, it is better than putting a heavy baby on his legs prematurely. A baby that creeps well is not without ambition and will get up as soon as it is safe. If his limbs are distinctly weak you may rub them and bathe them with salt and water, but do not urge him to walk at present.

**Early Preparation for Weaning.**

*To the Editor of BABYHOOD :*

What will I do with my six-months-old boy, who positively refuses to take even one meal a day from a bottle? I have prepared it for him myself and know it was all right, but have been unable to induce him to take it. We have our own cow, and I thought it would be better for Baby and myself to commence this "early preparation for weaning."

Must I wait, as I was obliged to do with my first two, until he can eat from cup and spoon; and do all babies who are nursed entirely object so much to using a bottle? L. C. H.

*Burrsville, N. J.*

Keep trying. Very likely the rubber nipple repels the boy. Put some of the milk on the out-



side of it, so that he may taste it. If you do not succeed, try cup and spoon now. He is old enough to begin already.

### Oatmeal as a Possible Cause of Eruptions— Shortening the Gertrude Suit.

To the Editor of BABYHOOD:

I am a young mother with my first baby. I know my child would not be alive now if I had taken all the unasked advice which has been given, but I now ask for the answers to a few questions.

1. We feed Baby part oatmeal gruel, part milk. She has several boils on her face and a rash on her body. Does that show that the oatmeal does not agree with her, and would the milk alone contain enough nutriment for her?

2. When shortening the "Gertrude Suit," shall I use the same number of garments? I should think there ought to be something on which to fasten the stocking supporters.

3. When I shorten her clothes, would you advise me to make the undergarment of the woollen stockinet instead of the cotton flannel, or would it be too warm for summer?

Chicago.

C. A. M.

The age of the child is not given. We assume that it is young, being still in long clothes; also that part gruel and part milk means equal parts.

1. It does not follow that the boils and eruptions are due to the oatmeal. It may be so, probably not. Milk alone, or milk and water if the baby is under a year, would be nutritious enough. The oatmeal is not added so much for its nutritive value as to prevent hard curds forming in the stomach. If Baby does not need the oatmeal on account of constipation, you had better substitute barley-water for the oatmeal gruel and watch the result.

2. Use the same number of garments, and fasten the stockings to inside of diaper with a shield-pin.

3. We like best, for the undergarment in the Gertrude short clothes, a soft, medium-weight Canton flannel, and believe nothing better has as yet been found.

### Condensed Replies to Various Letters.

*A Willing and Conscientious Learner, Mobile, Ala.*—You should get rid of the night-feeding as soon as practicable. It is probable that your baby would sleep much better if he were not in the habit of being fed at night. Yes, you should diminish the sugar. The "food" you use *needs* little, if any. The question of one cow is not so important. One cow *may* give uniformly good milk, but the chances of variation are diminished by the mixture of milk from many. The constipation may be lessened by substituting fresh milk for boiled milk. On the whole, it is probable that your little one could very soon get along upon the dietary laid down; the only exceptions we would now make are these: He has six teeth; on an average a child of a year should have about twelve. He is at a disadvantage about chewing; bread, therefore, should be given cautiously. He can have his milk diluted with a little hot water, which will serve to warm it as a preliminary step to the pure milk. Baby's slow teething and weak ankles suggest the need of more nutrition. The broths may help him. The starchy parts of the dietary—bread, crackers, potatoes—should be used with caution; the potatoes, perhaps, better not at all at present. This is as definitely as we can answer on the information we have; if it does not answer all your doubts, refer the points to the physician who is to attend you by and by.

*A. D. H., Bay View, Fla.*—There is no "infallible remedy" but time, and that nearly always does cure.

*F. E. W. G., Marshall, Mich.*—It is the ordinary wheaten bran.

*Inquirer, Battle Creek, Mich.*—You will find your inquiries fully answered by Dr. Holt's article in March number.

*E. S., Bloomington, Ill.*—If there is the least doubt about the pigment of the painted blocks your child plays with, why allow her to touch them at all? However, it does not seem likely, judging from this distance, that they were the cause of the trouble.

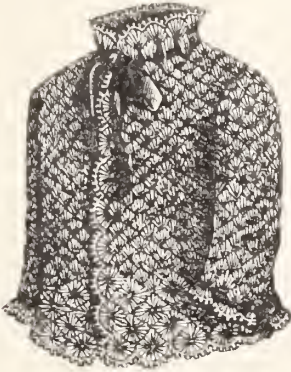


LAA

# BABY'S WARDROBE.

## Crocheted Jacket for Babies.

THE shell-stitch in which this dainty little jacket is worked is shown in the accompanying

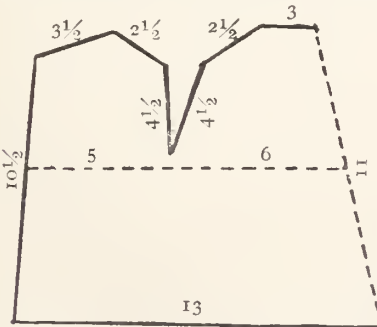


cut very distinctly. Crochet after a pattern cut in accordance with the annexed diagram, beginning at about 3 inches from the bottom on a row



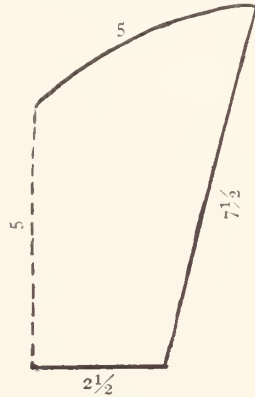
SHELL-STITCH.

of chains of sufficient size. Work in one piece until the armholes are reached, when back and fronts are crocheted separately, increasing and



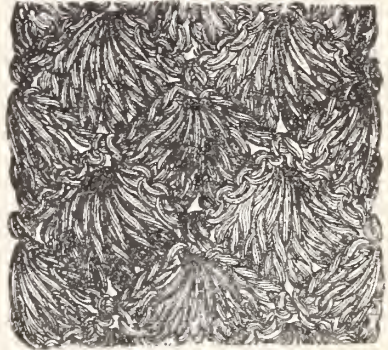
decreasing to correspond to the pattern. Twenty-two rows complete the length of the front, 24 rows the length of the back of the jacket. The

lower part is then to be finished with 9 rows of the wheel-stitch. Finish off the front edges with scallops consisting each of 6 plains, every 2 separated by 1 chain-stitch, and 1 tight stitch to complete the curve. After joining the shoulder-seams finish off the neck with a row of plains,



SLEEVE.

and over this one of scallops like those down the front, with this difference, that they consist each of only 4 plains. Add all around a row of picots worked of white silk. Begin the sleeve at the bottom. The length at its longest part comprises 21 rows. Finish off at the wrist to corre-



WHEEL-STITCH.

spond with the neck, and run narrow white or colored satin ribbon through the plains.

## Creepers.

I PROTECTED my little one's clothes, when creeping, by a suit made almost like the "combination suits" worn by older people—made

full across the back, gathered with elastic around wrists and ankles. He was dressed for the afternoon, his "creeper" put over his dress, and he was allowed to play to his heart's content. In a few seconds he could be made ready for the parlor.

*Crab Creek, Wash. Ter.*

A. W.

A CHILD's creeper can be made from a sack pattern with a wide hem at the bottom, in which is a tape, so that it can be pulled together at the back, and holds the white dress inside, keeping it clear from dust and dirt.

C. G. N.

*Fryeburg, Me.*

### How to Take Care of Baby's Flannels.

THERE is no need of letting Baby's flannels shrink and grow yellow and hard. With very little care they may be kept soft and white. They must not be trusted entirely to the hands of careless servants, who persist in giving them "a good rubbing and wringing"; a little supervision on the part of mamma or some person of intelligence will be amply repaid. The best flannel for babies' wear is silk and wool, costing about a dollar a yard. It is more delicate than all wool, wears beautifully, and is less liable to shrink. Very fine cotton and wool, costing about sixty-five cents a yard, is also good, but this is not easy to find, since many large stores keep only a coarser quality.

All that is necessary for washing flannels is warm water and crude or lump borax, which is better than the pulverized. First dissolve in a quantity of boiling water, sufficient to cover the soiled garments, as much borax as the water will take up—say a small teaspoonful to a quart. When the borax is dissolved, place the flannels in the water and let them soak from fifteen minutes to half-an-hour. Then squeeze them gently and dip them up and down, but do not rub them at all. Rinse in clear water of the same temperature as the borax-water, when the flannels are removed from it. When thoroughly rinsed the water may be squeezed from the garments, but they must not be wrung; and it is better, if convenient, to shake them out and hang them, dripping wet, in a place where they will dry quickly, taking pains at the same time to pull them into shape. They will look nicer if they are pressed with a hot iron before they are wholly dry. Knitted garments may be done up the same way, but they do not require ironing if they are pulled into shape before they are dry. I am now using for my second baby some little knitted shirts which have been washed in this way. They were in use for six months for the

first baby, and are now almost as good as new. If there is any delicate color in the articles to be washed, ammonia may be used instead of borax, a half-teaspoonful to a quart of water being a good proportion. Articles made of silk should be washed in cold water.

H. B. D.

### Knee-Caps.

I WISH to tell the readers of *BABYHOOD* of some little helps that I have found in my three years' walk with my two little maids. Little maid No. 2, unlike No. 1, concluded to creep before walking, and there was an almost daily job of mending to be done upon the knees of her little stockings, till I bethought myself of the knee-caps sold in the stores for larger children, and decided to make some for the wee creeper. I have had so many requests for the pattern that I thought perhaps a description of it would be of value to some of *BABYHOOD*'s readers.

Cut from soft black leather (kid is the nicest, but not glove kid; the color soon wears off that) a circular piece 3 inches in diameter. Make a straight cut of three-quarters of an inch in each of the four opposite sides, and overlap these cut edges one-half inch and sew flat. This gives the caps a cup-like shape. Tack them by a few firm stitches to the stocking. If they are the same color as the hose they are not unsightly, at least no more so than "darn upon darn," and they are an immense saving.

L. W. B.

*Hedrick, Iowa.*

### Child's Napkin.

A SERVICEABLE napkin is made of good coarse linen, cut about 16 inches long and  $12\frac{1}{2}$  inches wide, curved at the top to fit the throat, and decorated with cross-stitches of red and blue marking-cotton. Suitable designs for the border and figures can be found in the small cross-stitch alphabet-books. Decorations in outlining are also pretty, and much more easily executed. A very excellent way of fastening napkins around the neck for children who have long hair, which often becomes sadly entangled during the tying process at the back, is to make napkin-holders of a strip of ribbon about 12 to 14 inches long, sewing at either end the small clasps used on stocking-supporters, which can be purchased for 2 cents apiece at every notion-counter. For these napkin-holders the napkin need not be curved at the neck. One end can always remain attached to the napkin in use. They can be fancifully worked on strips of linen or momie-cloth, always selecting some washable material as they are very apt to become soiled.





## THE MOTHERS' PARLIAMENT.

### A Baby's Sea-Voyage.

*To the Editor of* BABYHOOD :

When the time came for me to take my seventeen-months-old baby across the Atlantic, I felt helpless as to what to do and what not to do for his comfort. Not two years before I had been on the same trip myself, but babies are so different from grown people, in their exactions and unwillingness to give up a single item of their usual comfort and habits, that I felt as ignorant as could be. And now that my little experience is over, I hope to help some of the many mothers in BABYHOOD who have given me so many useful hints that I wonder how I did without the magazine the first few months of my boy's life. I began to dress him out some weeks before the voyage, and here are a few of the articles I made.

Being in the country I could not buy leggings, so I hunted up an old pair of large ones, and cut them into shape, making them long enough to go up around the waist. They were whole, so the baby was put in a sort of bag with legs. The top was turned down and a braid run in. The feet had a piece of kid stitched round them to insure some wear out of them, as my baby still crept. Then I took them to the shoemaker's and had strong leather soles put on, remembering, as I well did, the damp decks on my last trip. These with woollen stockings and leather shoes kept his feet and bowels very warm, but were altogether too heating for indoors, so I made a set of Canton flannel diaper-drawers.

His shirts were made of soft, white, twilled flannel. It took two yards and a quarter for two. It was thoroughly shrunken, and cut in the following way: Measure the width across the shoulders, and tear off a piece lengthways of the cloth, long enough for the shirt (as it is whole on the shoulders), allowing for a hem. Tear it within two inches of half-way up in the middle of one end, for the front, and cut out the neck. Face on one side of the opening for button-holes, and hem the other. Stitch up on the sides, leaving just enough open for arm-holes. Cut the

sleeves (which have only one seam) this width at the top, and narrow somewhat towards the hands. Bind with flannel binding, turn up the hems and open the seams, feather-stitching both. Any one who tries a shirt made open like this, and buttoned down the front, will not be likely to use the closed ones again. Mine had a box-plait down the back and under the hem in front, to allow for growth.

Baby had a Jersey-flannel creeper to put over his woollen dress. It was made long enough to cover his other clothes, and could be drawn up above his knees and tied in the back by a braid run through the hem across the front breadth. The back hung straight. The pattern was simply a Mother Hubbard. There is nothing more essential than warm, long night-wrappers made of some soft woollen material. Of course there is head gear of all sorts and descriptions, but as long as it is woollen and covers the ears it does not matter much what the shape is.

As to feeding children while travelling, of course there should be as little change as possible from the regular routine. An alcohol-lamp is not allowed to be used in the state-rooms. My boy's diet had been a baked sweet apple and a baked potato at each meal, with bread and milk and crackers for lunch, and strained oatmeal and milk in the small hours of the morning. By giving the cook a slight fee for his extra trouble there was no alteration in Baby's bill of fare, except that the milk was condensed. No nurse could have been more faithful to her duty than that cook to his up to the last meal we took on the steamer.

As the *Noordland* steamed out of the harbor, and the last peep we should have of the friends we left on the dock was taken, my attention was attracted by several wee voices, and sure enough there were a number of babies outward bound—five, I believe, in all. The first week was charming for the little ones; they played on deck, watched the machinery, and cared never a whit for the land. Those that had formerly been rocked to sleep liked the motion



of the ship so well they simply lay in their berths, with never a thought of their mothers' arms, and slept better than ever before. Teeth were cut before our watchful eyes could discover them ; and we mothers began to think perhaps mid-ocean was the place to rear our wee ones, when the waves began to break across the good ship's bows, and all of a sudden necessity compelled us to stay below. Then the dream vanished. I agree with Emerson that the sea was never intended for man to live upon. It seems more like an angry animal, to fight and conquer the quickest and best way you can. But the babies' trials were nothing to ours. They were cross, and fretted, like my boy, to go "on dick," and it was a conundrum to know what to do with them. Why isn't there some place on the ocean steamers for children to stay during rough weather ? I am sure every mother would willingly pay something extra for her child's comfort during the trip ; and the company would lose nothing, for which of us that has children would not choose the ship that had a *nursery* ? My baby was named the "little boy who minds" the first week we were out, and I looked upon him with pride ; but, alas ! the pride had an easy fall, for he screamed and grabbed in a way that astonished me the last six days, and now, a month after, is hardly as well behaved as he was on the day we started on our journey. Was it his health ? No, I am sure it wasn't, for he began to walk before he left the steamer, exhibited an appetite that was amusing in its ferocity, and looked better and stronger every way. The other children improved as much as he in health, from the youngest up, but seemed equally nervous and exacting.

The mothers—well, the least said of them the better. What with no nurses, sea-sickness, and anxiety for the babies, they looked haggard enough. Indeed, after landing three days late at Antwerp, my advice to all American babies is to take a sea-voyage for their health, but be sure to leave their mothers behind them.

Paris.

MRS. BENJ. T. NEWMAN.

### An Original Way of Learning to Spell.

To the Editor of BABYHOOD :

I was much interested in the experience of N. O. S. in home instruction. I have practised it for the past sixteen years, and I am quite sure that it meets the needs of some children far better than any school.

Among my various experiences in teaching my children, the way in which my youngest boy learned to read and spell is especially interesting to me. I feel that he half invented the way him-

self. It is simple and natural, and was very successful with him. Now that he is nearly seven he can sit down as a grown person would, and get real enjoyment from the books he likes. He comes to very few words that give him trouble. When he was about five he began to be interested in the letters—in their shapes, names, and sounds—not often asking questions about them, but in some quiet way of his own finding out for himself. I dislike to do anything to urge a child to greater mental activity, so I simply followed where he led. One day, when he was housed with a cold, I brought him home a bright card containing the large and small letters. I told him it would be a nice roof for his block-houses, and when he wanted to know a letter he could go to that instead of to mamma. He enjoyed that card greatly. Soon every picture which he drew on old scraps of paper around the house had a name under it, printed more or less well, and generally with such spelling as the sounds of the letters suggested.

In telling him the letters' names, when he asked them, I had always given the sound as well as the name, and he fully understood that the sound was what he used in the word. For the vowels I gave merely the short sounds at first. As time went on he gradually learned various other vowel-sounds, as they occurred in the words he used. He began to entertain himself by spelling words and getting me to ask him to spell various simple words, such as cat and bat and dog, for his amusement. I remember his urging me to go on and on and on, one afternoon, till he had spelt forty-two such words.

The signs and placards in the street began to amuse him, and he used to dance nearly off the sidewalk at a certain place where the word H A T T E R was on a great yellow handbill posted on the fence. He shouted it out, letter by letter, at the top of his baby lungs every time we went by it. The open stove by which I undressed him at night has a grating in front, on which is the word N E W P O R T. That word had a nightly fascination for him as the flames danced behind it, and always suggested spelling. He would say, "Mamma, spell to me ; spelling is so pleasant." By degrees the words I spelled shaped themselves into stories. Every one of those cold winter nights of 1884-5, when I undressed him and he had a little cosey warming-time in my lap before the fire, we had one of our spelling-stories. One night I had a hoarse cold, and said I must give up the story for that night ; but he replied, "Oh ! no, mamma, I'll spell it to you" ; and here is the story he spelled : "A boy

had a saw, and took a piece of wood and sawed it the right way, and made a house on a stand, and gave it to his little sister." The only words in which he needed help were "picce" and "sawed." After this we generally alternated in our "spelled stories," and had many a merry time over them, each striving to make them entertaining to the other.

Some persons might criticise the use of bedtime for this purpose. In his case I could not see the least harm resulting from it. It did not excite him unduly, and only served as a pleasant entertainment. When put into bed he went to sleep readily, and seldom waked again for a good ten hours. In daytime he often picked out in his picture-books words which we had spelled the night before. Sometimes he attempted to read some easy story or poem which he already partially knew, to himself or to me, as circumstances led him. All this was voluntary and pleasant to him, and with so little assistance from us older ones that I feel I must give the principal credit of his learning to the "spelling stories."

*Madison, Wis.*

A.

#### The Pleasures of Combing and Nail-Cutting.

*To the Editor of BABYHOOD :*

My little girl has profited by the suggestion of one of BABYHOOD's correspondents. She talks to the "Tangle family" every morning, naming them all as they come out. She has also improved on the original and named the *Curl* family, of whom there are six : Papa and Mamma Curl, Susie, Johnnie, Eddie, and Charlie—a nice, cosey little family, and much preferable to the other visitors, and the combing-time is rather pleasant than otherwise to both mamma and daughter. My little boy of two years seems to find nail-cutting more of a pleasure than before, too, since I acted on BABYHOOD's suggestion about it. He was always nervous and afraid, which made it a rather dangerous feat. He now laughs and says, "Has to come off, nail."

*Canton, Ill.*

G. L. M.

#### Teaching the Use of the Nursery-Chair.

*To the Editor of BABYHOOD :*

I have been so successful in teaching my babies to use the *nursery-chair* that I thought perhaps my experience might benefit some other mother, and therefore send it as my first communication to BABYHOOD. I commenced with my first baby when he was three months old ; but "number two" being such a strong, healthy boy, I thought

I would try him somewhat earlier, so at ten weeks I gave him his first lesson. He is now four-and-one-half months old, and has used his chair regularly every day since he was eleven weeks old. I use the common rattan nursery-chair, but have an extra seat made from a thin board, with the hole cut the same size as the one in the seat proper, which I cover with four thicknesses of flannel (being careful to have it smooth around the inside edge), and put it over the seat of the chair. Then I have an old white crochet shawl which I fasten to the chair-back and arms with large safety pins, so as to form a nice soft cushion for baby. I am careful to let some of the shawl cover the seat, so as to give extra softness, and while he is very young I support him by putting my hands under his knees, thus helping him bear his weight. I know he finds his chair very comfortable, he is so happy there, and frequently would doze off to sleep if I would allow him to do so ; but I don't think that is the place for a nap, so I remove him as soon as I can.

MEDIA.

*Brunswick, Me.*

#### Granum Porridge.

*To the Editor of BABYHOOD :*

I have never seen in BABYHOOD any recipe for a porridge which my little girl loves dearly and has every morning. It is made of Imperial Granum. I take two teaspoonfuls lightly heaped, and a half-pint cup of milk and water (half and half). I mix the Granum in a little of the cold milk and water, and then stir it into the rest when it begins to boil. After boiling all together for two minutes and a half, with constant stirring, it is done, and I think is very delicious. Some people consider it constipating, but I have not found it so. In the morning my baby has a saucer of this with half a baked apple, and she enjoys it so much and runs to get her little bib as soon as she sees her nurse getting ready to cook her Granum.

*Brooklyn, N. Y.*

MRS. M.

#### Finance for Babies.

*To the Editor of BABYHOOD :*

The interesting suggestions in a recent number of BABYHOOD for the pecuniary provisions for Baby's future weal, lead me to present another aspect of the subject : namely, that of beginning very early in the lives of children to teach them the use of money and the proper ways of spending it.

The bank that holds your deposit may fail, or

your thoughtfulness and care in providing a future capital for your child may even prove a curse to him ; while an early understanding of the value of money, and a mastering of the primary principles involved in the spending of it, will furnish him with the rudiments of a business education that will be of inestimable value to him, aside from the more serious moral issues involved in money-getting and money-spending. Just as truly as he is taught correct ideas of color and form in the kindergarten or at home may he be taught the a b c of finance.

By common consent, "Baby's bank" has come to be one of his earliest personal belongings. He watches the shining coins drop from his fat fingers out of reach of touch or sight with looks of blank astonishment and thoughts known only to his Babyship. He is taught thenceforth that the pennies, dimes, and dollars bestowed upon him by his relations, or brought forth from papa's wonderful pocket, find their fitting hoarding-place in the bright new bank.

By and by comes another lesson. Baby takes a walk with mamma and sees her use these same coins about her shopping. This new state of things is bewildering, but the lesson is repeated many times, and at length the little fellow comes to believe that the pennies in his bank fail of their highest usefulness. Henceforth the bank is an object of indifference to him. Saving for the sake of saving merely, or for future years, is a motive beyond his present grasp. Let him spend his pennies. Encourage him to do so, and remember the while it is a human soul you are training in the first wavering, uncertain steps of its eternal pilgrimage.

My little boy, now four years old, began at the age of two to share my shopping and marketing expeditions. When his papa gave him pennies he saved them to carry with him on our next outing. Very proud he was to have his purchase wrapped in paper like mamma's, and, with a cunning assumption of dignity, he would carry it home unopened. Rarely did he buy candy, more often bananas, apples, pears, etc. Sometimes a long-wished-for toy would drain the little pocket-book of every penny.

I never supplied any deficiency by contributions from my own purse, though it often happened that he had not enough money to buy something that took his fancy. Then I would say to him : "Willie must save his money until he has enough to buy it."

Many a wholesome lesson in self-denial did the little boy receive in this way. It is a good thing for even a very young child to learn that

there are certain things that can be his only by waiting patiently for the money to accumulate, and certain other things that are altogether beyond the possibilities of his purse.

Here, too, I found ample opportunity to teach my boy unselfish thought of others. Such a remark as, "What fine oranges, Willie ! Little sister is so fond of oranges," or "That little boy looks as if he would like some of your nice, fresh peanuts ; perhaps he hasn't any money of his own," or "There are some of those sweet English violets grandma likes so well," seldom failed to find ready response in his generous little breast. There are few four-year-old boys that I know so pleased with a gift of money as he, but it is because he has learned to use it, and in some measure has felt the power for good that the capitalist possesses.

I am not afraid for him that in the coming years he will be either a spendthrift or a miser.

*Cass City, Mich.*

OLGA OTJEN.

#### Flannel Sleeves as a Remedy against Thumb-Sucking.

Is any mother in despair because her baby *will* persist in sucking its thumb? I was at one time, as all efforts to break up the habit in my baby-boy failed. I noticed the comfort the little fellow took with it at night as he composed himself to sleep, and thought if I could but keep it from him at that time I should come off conqueror. So I made him some night-gowns of flannel (part cotton), with the sleeves very long, coming several inches below his hands, put them on, laid him in his crib, and then stood off to watch the effect. When he sought for his thumb it was not to be found, and the feel of the flannel was most uncomfortable to his mouth and decidedly too thick for him to suck his thumb through. It was amusing (cruel mother !) to see his infantile rage as he flung his arms about, the long sleeves keeping up a lively flopping meanwhile. He cried and screamed, and tried again and again to find that comforting thumb ; but it was gone, and he, no doubt in wondering mood, fell asleep. The habit, thus cracked, was easily broken, for, as he could not take his thumb to bed with him, he gave up caring for it during the day. Let me add in closing that I could not have had the heart to have fought this soothing habit to its death had not the baby's father been so strongly opposed to it. The baby was about four or five months old at the time.

B. B. S.

*Hudson, N. Y.*

## THE KINDERGARTEN AT HOME.

BY GRACE C. KEMPTON.

## VIII.

## THE EIGHTH GIFT.

"The child must learn to feel itself a link in the great chain of humanity, and to forget self in doing loving acts for others."

BEFORE advancing to the more complicated solids and planes we will consider the embodied *line*. We began with work in *solids*, then in *surfaces*, and now have only the *line* and *point* between us and the purely abstract.

We have still new possibilities here, and are led more definitely into the artistic world. Your child must now appreciate edges; their sharpness is well known to him through the touch and sight. The meeting of two and three edges to form a corner he also knows, but he has not yet worked with what is similar to the edge itself—an embodied line. For this purpose Froebel had the eighth gift, which consists of sticks or staves of different lengths from one to five inches. These sticks are of the primary and secondary colors.

We present one stick only at the introduction of the gift. Lead the child to notice its material. Think from whence the wood came; how the tree grew, and with what surroundings, etc. Ask what other objects are made of wood. What objects in the room? What parts of a house? What parts of ships? etc., etc. The comprehensiveness of this talk must depend upon the age and mental condition of the child. The subject will not be exhausted, if handled skilfully, for many lessons. Brief stories may be interspersed, always bearing in mind the end in view, namely, development of the idea of a material (wood), its manner of production and manifold uses.

The stick itself, if round, will be quickly recognized as "like the cylinder," with its two tiny round faces and rounded side. Sticks with squared surfaces might be contrasted with these others to advantage; both kinds are to be bought. Let your child place the stick just in front of him, on a line, and, touching each end with his

"pointer," tell where it is as the stick is then lying. If the stick is vertically placed he touches the upper end and says "up," the lower end and says "down." If horizontally placed he says, "One end is at the left and one at the right." Thus he learns to place them by direction.

He can make a row of little men standing tall and straight, or a row of tired children lying still. A row of trees—the consideration of what kind of tree, blossom, and fruit increasing his knowledge and thought, and adding to the interest of his work. A row of lamp-posts which light the streets at night. How dark it would be without them! How glad is the traveller to see their bright lights! Be on the watch with all gifts to see and use opportunities for enlarging the sympathies and strengthening the connection of the child with God, man, and nature.

Two sticks, both placed vertically or horizontally, give the idea of parallelism again. Sometimes one stick, chosen for this purpose, should be much longer, that the child may see that the comparative lengths do not at all affect their being parallel.

The diagonal positions are practised. A row of inch sticks is laid slanting from the upper right-hand corner of a check to the left-hand lower. Also the other diagonals.

Two sticks are placed touching ends in a way to form a right angle, which is at first known to the child merely as a *corner*. When its formation is well understood in one position he may make it in each of the four positions—*i.e.*, pointing up to the right, down to the left, up to the left, down to the right (Fig. 1). Then two "corners" may be placed together to form a square. This square may be made of all sizes. A large one may represent a farm-yard with imaginary animals enclosed. A hen-yard with hens, chickens, and roosters scratching for their dinner. A flower-garden where the sun shines, warming the blossoms into opening; the rain falls and refreshes them when wilted, etc., etc. A square inside a square may be made, requiring great del-



icacy of touch ; or several squares enclosed in a large one.

When a thing itself is known and *understood*, do not fear to give its proper name. Thus when "corners" are appreciated call them angles ; square corners, right angles.

Let the child make two right angles pointing in (instead of out) as in forming a square, as in Fig. 2 ; also four corners pointing in, as in Fig. 3.

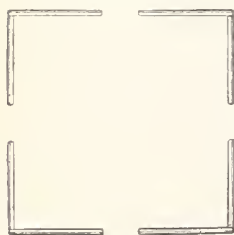


FIG. 1.

Let the child originate, always applying the law of opposites, and with some given position as a starting point. Also form designs from directions as in Figures 4, 5, 6. Outlines of various forms of life may be laid. Tables, chairs,

doors, ladders, etc., etc. The lessons in number may be continued in the same manner that they were used in the third gift.

When the child is familiar with right angles in every position he may be led into acute and obtuse angles and their combination. We will not speak of this at length now, as we have not yet introduced these angles in the use of planes, and it is best for him to meet them there first.

#### OCCUPATIONS IN CONNECTION WITH THE EIGHTH GIFT.

Drawing and embroidery are the relative occupations. Everything laid with the sticks may be represented in both occupations.

The materials for drawing are netted slates or paper. The slates are used first, as the lines are slightly grooved, forming a guide for the small, unskilful hands, and poor work can be so easily erased. The industry with which little children work with these slates and pencils shows how pleasant it is to them and how conducive to their progress and development. The slate (Fig. 7) is covered with "up to down lines," and "left to right" lines, making right angles or squares.

Running patterns, original or from direction, are soon achieved, and the child made happy by the result. The standard Grecian border (Fig. 40 in supplement) may be directed as follows :

Let the pencil touch the left-hand upper cor-

ner of your slate. Let the pencil jump three squares to the right ; now jump five squares down. You are now ready to draw. Listen carefully, and draw only the lines you hear directed.

Draw a line *up* three squares long ; to the right three squares ; down two squares ; to the left one square ; up one square ; to the left one square ; down two squares ; to the right three squares ; up three squares, etc., until the border is as long as desirable.

The supplemental sheet issued with this number of BABYHOOD contains numerous diagrams which may be thus drawn. The directions should be given very slowly, and only the most simple exercises used until the child can readily "jump" or draw lines from all points and in all positions in response to given directions.

Watch that the pencil is held at the proper slant, and not too firmly. Inculcate habits of neatness in regard to the slates, and, while you commend every effort, praise only really good results.

In order to counteract too close dependence upon the grooves, let the child occasionally draw "free hand" upon an unlined board or slate. Horizontal lines made with a sweeping motion from the elbow are excellent practice, and prevent the formation of a cramped style.

#### PATTERNS IN THE ACCOMPANYING SUPPLEMENT.

It is to be understood that the miniature patterns contained in these diagrams are only a part of what is a complete system of progression. For lack of space all could not be given ; but we hope those selected will illustrate quite clearly the principle of proceeding "from the simple to the complex," and the "law of opposites" of which we have before spoken.

Each step omitted in the illustrations should be carefully supplied by the mother ; we think enough has been given to make the omissions easily discerned. For instance, No. 4 is right

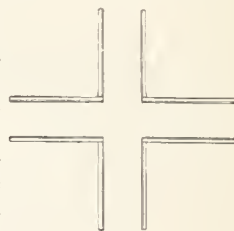


FIG. 3.

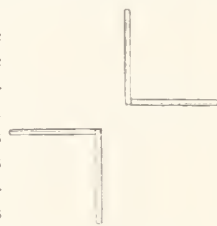


FIG. 2.

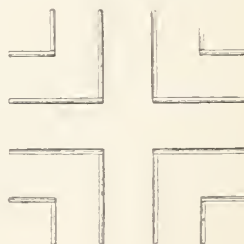
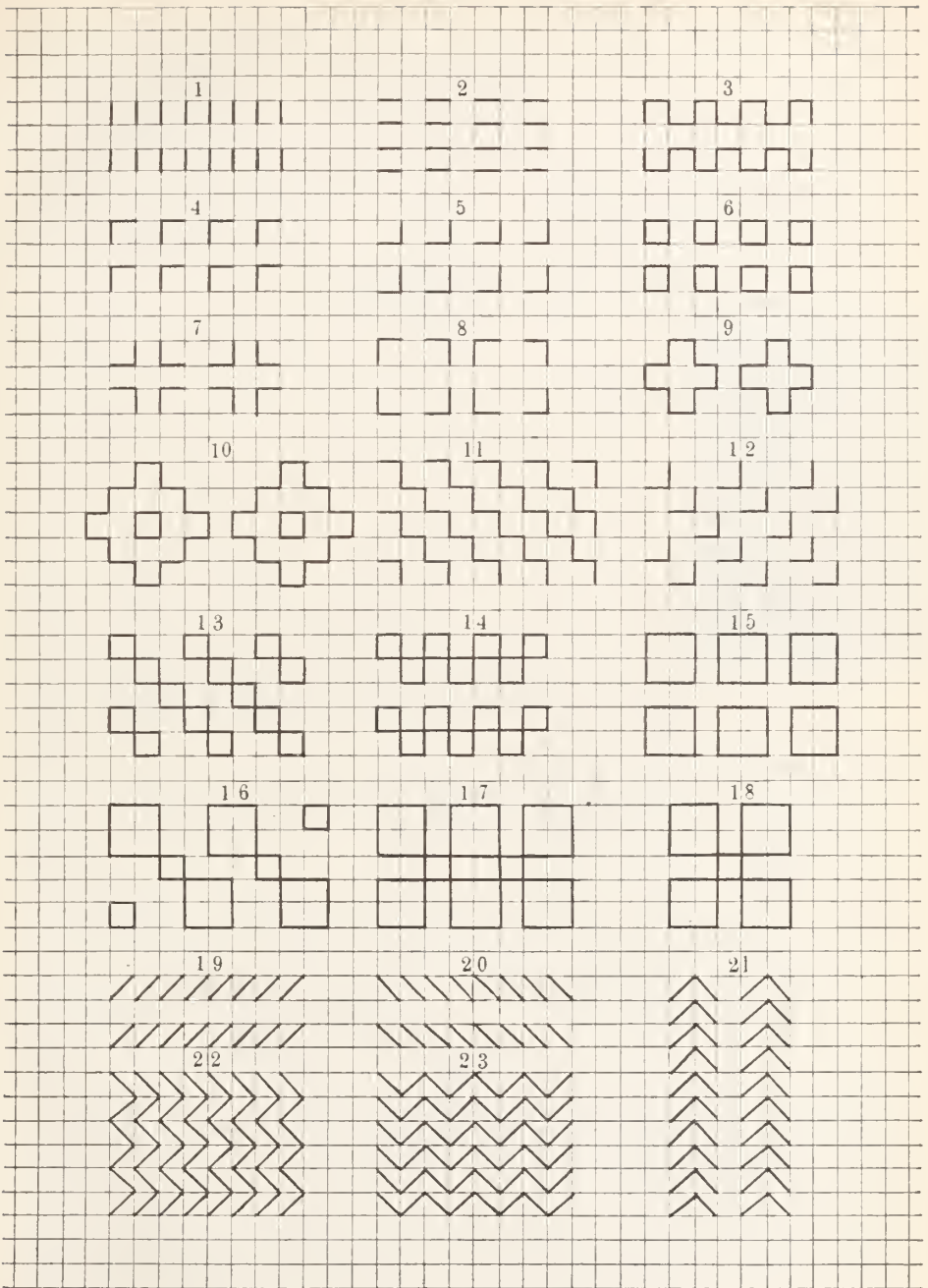
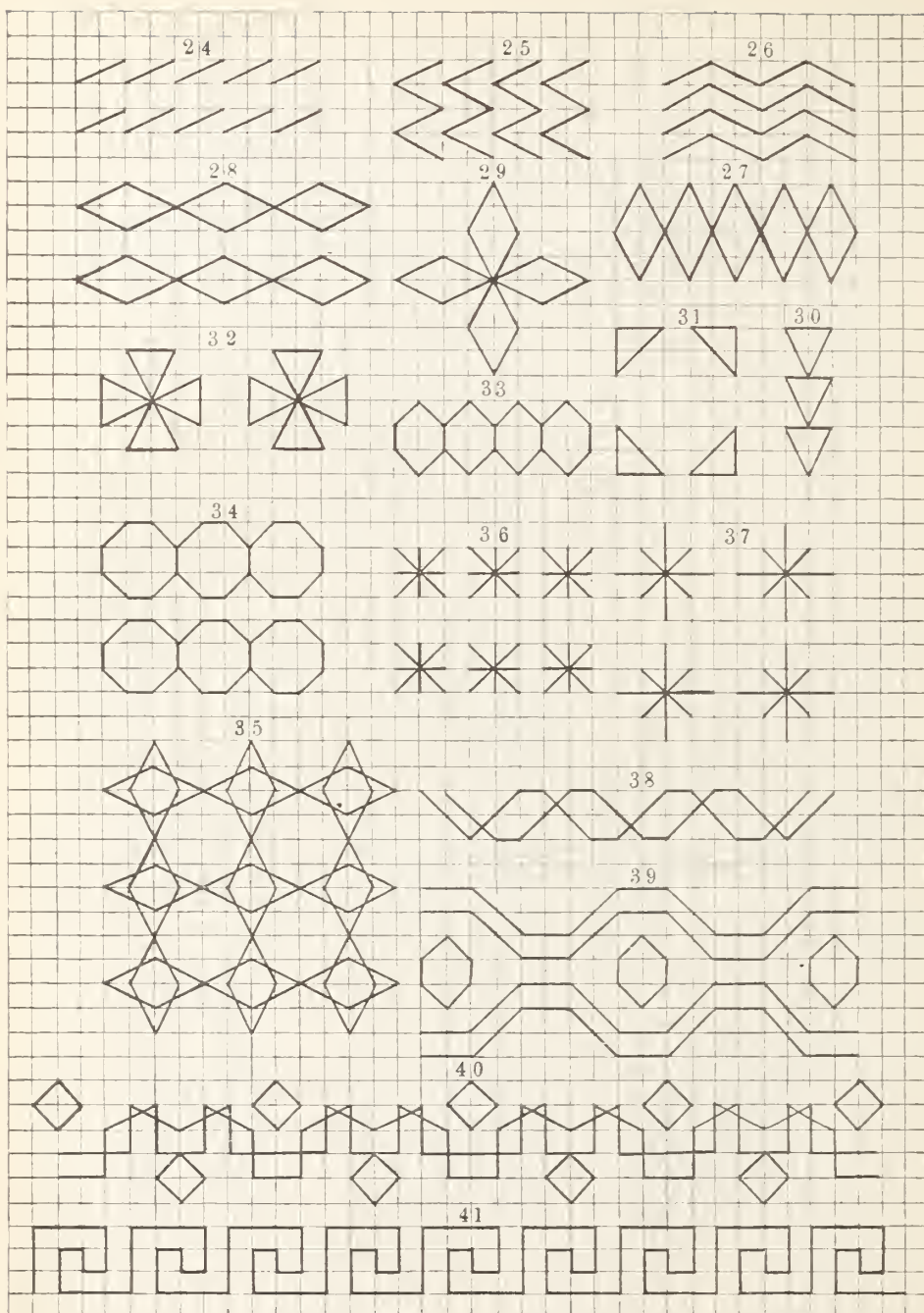


FIG. 4.



THE KINDERGARTEN AT HOME.—DIAGRAMS FOR USE WITH RULED SLATES  
OR PAPER, IN CONNECTION WITH THE EIGHTH GIFT.

[Supplement to BABYHOOD for May, 1887.—See page 210.]



angles pointing *up to the left*; No. 5 its opposite, right angles pointing *down to the right*. In the full schedule the next would be right angles pointing *down to the left*; and the next its opposite—viz., the same angles pointing *up to the right*. Then we have the angles pointing in; and the opposite, the angles pointing out.

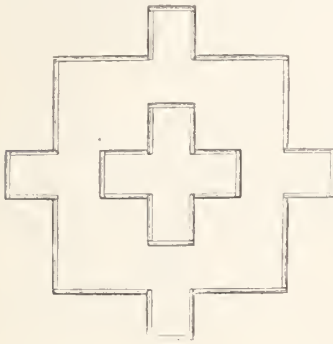


FIG. 5.

seen what it should be. Also in the case of Nos. 12 and 13. Nos. 16, 17, 18 comprise a few simple suggestions for squares of two sizes.

Patterns with either vertical or horizontal line longer (forming oblongs, or parts of oblongs) are omitted. To fill them in from illustrations and principles given will be a simple matter, as they correspond exactly to the patterns given up to this point, with such deviations as may suggest themselves in designing. No. 21—right angles pointing up—has no opposite given; the next in the full series should be right angles pointing down.

No. 24 should be followed by lines slanting in the opposite way. Nos. 25 and 26, comprising two

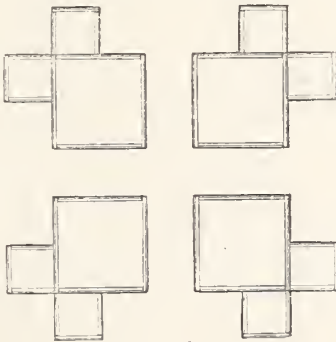


FIG. 6.

new angles, must be given with their opposites after those angles have been met in the more concrete gifts—planes and sticks. Nos. 27, 28, and 29 introduce the combination of these two new angles.

The possibilities for design are so great that it is difficult to give a brief series of illustrations; if the principles and law spoken of are traceable

through those given, the desired work will be accomplished.

#### PREPARATIONS FOR EMBROIDERY.

The embroidery of the kindergarden consists of the representation of the patterns, first laid with the sticks, then drawn upon the slates, and afterwards sewed upon cards with bright worsteds or silks. These cards are prepared for work by the kindergartner in the following manner:

On each card is laid a smooth piece of paper, netted with blue lines to correspond with the netted slates, which is then folded closely back at the edges to hold it in place on the card.

The paper is placed very carefully, that the margins beyond the sewing may be equal.

The next step is to make the holes ready for the little workman to use in sewing. This may be done by the child when he is sufficiently advanced. The holes are pricked with a perforator, which comes for the purpose, or a stout pin. The card is laid upon a pad made just heavy and soft enough to keep it from bending and to receive the perforator as each hole is opened. The holes pricked correspond with the patterns selected; and the colors are selected by kindergartner or child.

The sewing is done only by direction; though after each new pattern and its directions are understood, the child may work on alone. See that the back of the work is uniform and perfectly neat. Give first a card pricked for a few vertical lines, then one prepared for a few horizontal lines, proceeding as rapidly as seems judicious over the same ground which you have covered with the stick-laying and drawing. Cultivate the taste and eye for color by allowing only good combinations to be used.

Simple outlines (forms of life) may also be prepared in the same way. Children take great pleasure in sewing dogs, birds, cows, etc. The cards are easily prepared from traced outlines.

Further directions for the sewing will be given in a later number.

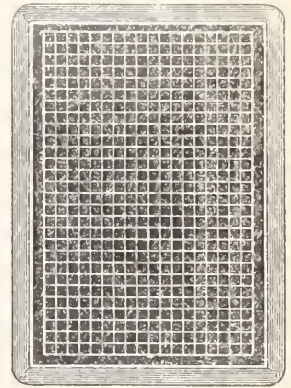


FIG. 7.



## HIGH-CHAIR PHILOSOPHY.

LITTLE MATTIE was at church one evening when the minister preached from the word "Tekel," found in Daniel v. 27. On the way home she said: "Mamma, what a queer text 'teakettle' was."

Little Eddie, three years old, had an attack of croup one night. The next evening, when he kneeled down to say his prayers, his mamma told him he must thank God for making him well. So he said, "I thank thee, O God, for making me well, but my nose goes *this* way yet"—here he sniffed several times to show that he still had a cold in his head.—*K. H., Marshall, Mich.*

—Edith's papa, who parts his hair with a towel, was rudely awakened from his morning nap by this pun from his three-year-old daughter: "Papa, we is going to pay thee is a *ball*, because thee is *ball-headed*."—*N. A. J., Cincinnati, Ohio.*

—Two little boys were put to bed for the night, and one, feeling more lively than the other, was told by the latter: "If you don't keep still I will ask God to tie your feet." The power being doubted, the little one replied: "Well, he stuck you all together once; guess it's easy enough to tie your feet if he wants to."—*M. K., Dakota.*

—Little Robbie, on hearing the death of a relative talked over, nestled closer to his mother, and, looking up, said: "Mamma, do you know what I should do if God should come for me? I'd say a naughty word, and then he wouldn't want me."—*L. K., Lynn.*

—When Frank was about four years old he was sitting one day in his father's lap, listening to a pathetic word-picture of a very poor little boy, without home or friends, and with no change of clothing, out in a heavy rain, wet through, and nowhere to go. "What would you do if you were such a little boy?" was asked. He looked very serious a moment, but answered presently, in a cheerful, resolute tone: "I'd shake myself, same as the horses do."—*M. J., Auburndale, Mass.*

—Bertha, nearly four years old, complained one morning of feeling bad *right here* (laying her hand on her stomach). I said: "You want your breakfast, I think." "Yes, my stomach is *unfull*," she said.—*Mrs. J. F. M., Hyde Park, Mass.*

—A tiny lad, the son of a Baptist minister, was the fond owner of two kittens. Returning home one day, the father was surprised to see his son approach with the kittens and carry them to a pool of water. "What are you doing, my boy?" said the father. "I am going to baptize my kitties for Jesus, papa."—*F. E. B., Minneapolis, Minn.*

—My little girl seeing a very dark, colored person passing the house, rushed up to me, exclaiming: "Mamma, mamma, is that a *coal* lady?"

Little Katie, when drinking a glass of soda-water, was observed to put it down while there was considerable foam remaining. "Don't you like your soda-water, Katie?" papa asked. "Do you 'spect me to drink soap-suz?" was the answer.—*J. K., Brooklyn, N. Y.*

—The son of the house, aged two years eight months, who has been forbidden to wink violently, was swinging his feet very rapidly the other day. He was asked what the matter was, and replied: "Nossing; I's only zhust *winking wif my legs*."—*L. W. P., North Weymouth, Mass.*

—Little Carl, aged four, had been severely bitten by mosquitoes at night. The following evening, after saying the usual "Now I lay me," he asked his mamma if he might pray for himself. She readily consented, and Carl began: "God, please don't let your flies, bugs, mosquitoes, and hornets bite me any more, 'cause you *know* I'm only a little boy, not half-grown. Amen."

The following winter Carl was playing on the piazza, when he dropped his favorite marble, a large glass one; it rolled off into the snow and he was not able to find it. However, one Sunday early in the summer he found his treasure and came bounding into the library to show it to mamma, and asked if he might roll marbles "just a little." Mamma replied that he had better wait till Monday. Carl seemed lost in deep thought for a few minutes, then his face brightened and he said: "I'll tell you what I can do, mamma: I'll play marbles a little while, then to-night I'll ask God to forgive me, and *that'll* make it all right!"—*E. M. S., Concord, N. H.*

—Our two-year-old maiden had often noticed the full moon, admired it, and grasped for it, as babies will; and the first time her attention was directed to the new moon she looked up inquiringly at her mamma, and said: "Poon, poon?" (Her word for moon.) Upon being assured that it was really the moon, she looked across the smooth, green lawn, then up at the evening sky, and said: "Then *piece of poon fall off in the grass*."—*M., Oberlin, O.*

—Coming suddenly upon my two babies (aged respectively one-and-one-half and three years), I found them quarrelling over some toy—Lily shedding copious tears, while Baby was giving vent to shrill screams of rage. Mamma (severely): "Fie! fie! little man; you are only mad. There is not a tear in your eye." Lily, generously wiping the tears from her own eyes with the back of her hand and holding it toward her brother: "Here, Baby, I'll div 'oo some of *my* cry."

The same little girl having been corrected in the pronunciation of a rather difficult word, said impatiently: "O mamma! I tan't say it that way, my teef are not long enough."—*R., Chicago, Ill.*

—Little Jack, while in Stuttgart, heard often of "His Majesty the King," and from time to time inquired about him. His palace and other royal buildings he had often seen, and the strength and beauty of the little kingdom had made more or less impression on his youthful mind. One day while riding on his tricycle in the avenue leading out of the Carlplatz, upon which the palace fronts, his father endeavored to point out to him the king, who was walking on the opposite side with a gentleman attendant. "See, there is the king." "Where, papa?" "There, just opposite." The little boy looked eagerly, but could not comprehend. "There he is with that gentleman walking toward us." At last he saw him, and, looking up, said with evident disappointment: "Why, papa, he's nothing but a common man."—*Dr. W. Thornton Parker, Newport, R. I.*

—Little Alice, when asked why her toes would come out of shoes so soon, said: "Why, 'course I know. It's because toes *wiggle*, and heels don't."—*Mrs. G. L. M.*

# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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VOL. III.

NEW YORK, JUNE, 1887.

NO. 31.

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CHILDREN are even more susceptible than grown people to derangements of digestion from the changes in food and water incident to travel during the summer. It follows, therefore, that the common practice of stuffing children with cakes, fruits, popcorn, nuts, and the other nefarious articles dispensed by the train-boy upon the railroads, is something always and everywhere to be condemned. Only the simplest articles of food should be given during travel and for the first few days after reaching one's destination. When a child has become acclimated and gets again its accustomed out-of-door exercise, a more varied diet can be permitted. It is a matter of common observation among physicians in the city, that almost every child suffers more or less from indigestion for the first week after returning from the country to the city. The explanation is that the parents and nurses have forgotten entirely that any difference should be made in the amount and character of the food when a child is shut up in a city house, and when it is climbing about the mountains or shovelling sand at the sea-shore. A considerable reduction in the amount of food should be made at once—as much difference as there would be between the diet of a man doing heavy muscular work on a farm and one sitting at his desk in his office.

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If the French nurse has come to stay—and it begins to look as if she had—it may be well for those seeking her services to be as particular that she shall be a *nurse* as that she shall be French. At first thought this

may appear a bit of superfluous wisdom, but we are persuaded that, in many instances, it represents a danger our little ones have not always escaped. Now, there is, of course, no reason why a *French nurse*, *per se*, should not be as desirable as one of any other nationality. A good nurse is a treasure, wherever she may come from, but the point is that the reasons for the selection of a foreign-born and speaking nurse are just the reasons that are prone to blind us to qualities that, when present, even the ability to speak pure French may not wholly redeem. If your child, as soon as it can support an independent existence, is to be handed over to a French *bonne*, to lisp its first efforts at speech in a foreign tongue, be sure of her to whom you confide this great trust. A nurse who eats, sleeps, walks, converses with your child will soon all but *own* it. Some mothers are very willing to depute these precious responsibilities to hirelings to gain time for pursuits that interest them more. For such these lines are not written, for to such homes BABYHOOD does not go. But to mothers who accept fair appearances without careful scrutiny we would say this: *Know* this one to whom you have given your child. Ascertain her character, habits, temper, associates. Is she arbitrary when alone with the little one? Does she neglect, reprove, abuse, threaten it? All this and much more should the mother know. It will not injure the conscientious nurse if you make proper inquiries before engagement, or exercise suitable oversight afterwards. But what complete satisfaction shall be the portion of that mother whose con-

fidence in her nurse is based upon a daily and hourly knowledge of her outgoings and incomings!

The introduction of the difference of sex in talking to little children is an evil which should be relegated to the past along with many other false notions in their training "Oh! that isn't pretty for little girls; that's boys' play!" or "Come, run away, little man; don't sit about in the house like a girl!" are admonitions far too commonly heard. "Little men" are taught a contemptuous repudiation of all kinds of behavior and occupation that might lay them open to the disgrace of being called "girl-boy;" and "little women" are made to suffer a rebellious submission to an existence where the delights of boys' plays are forbidden. It is a mistake, and so long as the difference is impressed upon children from the very cradle, just so long will coeducation hold risks. If children are taught alike, if their pleasures and duties are those common to a universal, sexless childhood, up to a certain point, they will be purer-minded and more perfect in the after-development of men and women. Perhaps one should even strike out that qualifying "up to a certain point," for the divergence will suggest itself soon enough. Why always hold up to children the promise of the future and repeat: "Now be a man;" or "Now, dear, you surely wish to grow up and be a lady"? Is it not wiser to teach children how sweet and good a boon happy childhood may be, to be content to be children and not be always aping the manners of their elders? Let the girls develop their lungs and muscles with the boys; let them run, and ride, and row, and skate, and play ball; but then let the boys learn to be gentle and courteous, to sew on their buttons, to do the thousand little helpful services generally left to the females of a household. Both girls and boys will be the better for thus learning from each other. We remember the old Virgilian line, "She softens manners nor allows them to be fierce"; and if the great "she" is to do that for her rougher brother, let her also

gain something from him in the association of their pastimes; let him give to her strength and bravery and healthful activity in exchange for the "softened manners."

This is a good time of the year for a series of rehearsals by the occupants of the high chairs in the matter of table manners, preparatory to the vacation visiting, whether it be long or short, at a hotel or among friends. How many trifling irregularities are there in the deportment of *our* children which have been allowed to grow into proportions that in anybody else's children would be truly shocking and a testimony to their careless bringing up! Various little manners, and uncorrected habits of loose speech which have become a kind of dialect understood and tolerated at home, create occasions for constant correction and rebuke when indulged in the presence of strangers. Nothing is more prolific of ill-humor and disappointment in a trip, on the part of both children and adults, than the constant chiding of children for acts which are obviously fixed habits; whether the children are our own or those of friends or strangers at the same table; and, on the other hand, nothing is more conducive to ease and enjoyment on such occasions than pretty manners and pleasant ways of the little ones present. And once a year is none too often for a thorough revision of table habits anyway, aside from its value "for the occasion."

When it was written a long—very long—time ago that "a little child shall lead them," the inspired writer could hardly have had in mind the probability of a little child ever leading them the wrong way; yet in this year of grace 1887 a church is found travelling in a very wayward path, with no more nor less than a baby as the cause of its wanderings. The story is briefly told by the London *Truth* thus:

"A clergyman in Edinburgh was seen carrying his baby. His horrified congregation presented him with a perambulator; but his last state was worse than his first, for he wheeled this vehicle along the streets with his baby in it. This insult to the 'genteel' susceptibilities of his congregation was

too much, and he received a letter politely informing him that, while his abilities gave satisfaction, his pastoral services would no longer be required."

Perhaps this is an *ex parte* statement—there may be something untold in the background; but if not, we think the full name and location of that body should have been published, for its career will be watched with interest. As a social organization, its members may agree if they choose that propriety demands the care of babies being relegated to hirelings. But it being a church, we venture to predict that if much more gentility of that kind is infused into it, its religious sense will depart in the same proportion until, like Sir Christopher Wren's famous silk stockings mended with worsted, there will not be enough of the original element left to identify it by. There is not room under the same roof for religion and the sentiment that would make it ungentle for a father to wheel his baby in a carriage if he wants to. Happily the millennium will not wait upon propriety or gentility that have not in their foundation the love and tenderness and humility of a little child; and as the millennium is certainly coming, we adjure our friends across the water to make haste to mend their ways, or they will surely find themselves counted out.

A great deal of twaddle is often indulged in by those who ought to know better, about the good old times when none of the new-fangled notions of hygiene, etc., were ever heard of, yet when sickness was almost unknown, and twice as many babies lived to maturity as do now. The simple fact is that, in the absence of carefully-recorded statistics, kept by government officials with authority to demand full particulars, no comparisons can be made which are of any value. The conflicting recollections of hot and cold days at different seasons during the lifetime of various "oldest inhabitants," who disdain to regard the records of an accurate thermometer, afford a good illustration of the impracticability of reaching correct conclusions without a basis of unquestionable facts. The keeping of health and mortality

statistics with any attempt at accuracy is a matter which is of comparatively recent date in our own country, many communities not even yet making any pretensions to it. But wherever statistics have been properly recorded for a sufficient length of time to afford a reasonable basis for comparison, the showing is invariably creditable to the modern improvements in sanitary science, by the actual prolongation of life and diminution of disease. We spoke in a recent issue of the favorable showing of the Boston Board of Health. Statements for 1886 from other cities, notably Brooklyn, Chicago, and St. Louis, have since appeared, all pointing with more or less certainty to the same conclusions; and the annual report, on a much larger scale of course, issued by the Registrar-General in England, shows a death-rate of only about 19 per thousand of the population of the nation, which is, with the exception of a couple of years, the lowest of any recorded since the registration system was begun in 1837. This reduced and reducing death-rate lies largely in the class of filth diseases ("zymotic"), which before 1870 had been averaging 4.15 or more per thousand, in 1880 had reached 3.40, and from 1880 to 1886 have averaged only 2.43. Infant mortality has been reduced from averages of 149 per thousand to 141 in about ten years. These facts have a direct personal interest for our readers, and though figures are "dry," they are in these cases very encouraging.

Communications intended for *BABYHOOD* are occasionally sent out of their course by being addressed personally to Mrs. Terhune ("Marion Harland"), whose editorial connection with the magazine ceased last fall; needless delay is therefore caused, besides the infliction of unnecessary labor on the recipient. All letters for *BABYHOOD*, whether of an editorial or business nature, should be addressed simply "Babyhood Publishing Co., 5 Beekman Street, New York," to insure the promptest delivery to the person in charge of the department intended to be reached.





## SUMMER DIET FOR CHILDREN.

BY L. EMMETT HOLT, M.D.,

*Physician to the New York Infant Asylum.*

THE subject of the feeding of children and infants has been so recently treated in BABYHOOD that it will be superfluous for us in the present article to discuss this topic at length. It will be enough to offer a few suggestions regarding some modifications of diet which the hot season necessitates. A large number of the cases of summer complaint can be prevented by proper and scrupulous attention to feeding in summer, and here it is true emphatically that an ounce of prevention is worth many pounds of cure.

### **The Danger of Overfeeding.**

This is the most frequent error committed when children are nursed at the breast. Less food is required in summer than in winter. This is true in the case of infants as well as of adults. Perspiration induced by the heat occasions a considerable loss of fluids to the body. This is to be met by the giving of water. It is so hard to withhold the breast or the bottle when a child cries, and when experience has taught that this will bring quiet; but a child may cry from thirst, from heat, from colic or other pain, and in all of these cases the breast is not the proper mode of relief. It is not safe, then, to rely upon the child's apparent desires. I say apparent, for he has only one way of making all his wants known. The taking of food into the stomach relieves temporarily the pain of indigestion, as the child soon learns to his hurt; hence this is the first thing he makes signs for.

During the heated term the infant suffers from a certain depression which grown people are so familiar with, and food taken is only partly digested, and in this form passes into the bowels, where it starts up a diarrhœa. A child is nourished, not by the amount of food which is put into his stomach, but by that portion of it which he digests and assimilates. All given in excess of this is a source of harm. Under the circumstances described above, but little food should be given, and that well diluted, and the deficit made up by the free use of water. This satisfies thirst and allays restlessness, leaving no mass of half-digested substances behind to become a source of irritation.

Dr. Little, of Rochester, wrote a few years ago of his experience at an orphan asylum in that city. He directed that all the infants should be fed every three hours only during the day, not at all during the night unless in exceptional instances. Water was allowed freely. The season passed without a death in the institution from diarrhœa—an experience previously unknown. On investigating the subject the physician learned that his directions had not been understood, and the infants had been fed only *three times a day* instead of every three hours. These observations have been confirmed by many others, that children thrive better during the heated term when the quantity of food given is considerably reduced from that allowed for their winter diet, and may thrive on an amount of food

which might seem at first thought to be insufficient.

#### How much Food ought to be given?

This is a very difficult matter to decide. A rule which would apply to four children might work badly with a fifth. A well-nourished, growing child from three to ten months of age should take from a pint-and-a-half to two pints of fluid food in twenty-four hours. This should be given in five meals—*e.g.*, at the hours of 7, 10, 1, 4, 7—at the oldest age mentioned, or in six to younger children. This is not to be understood as an absolute rule, but as a guide upon which to work. If a child's general nutrition is good we may be sure that we are on the right track.

#### The Use of Water.

This has been already referred to under the subject of overfeeding. Water given to infants should be first boiled and given cool, but not iced. The object of boiling is to destroy whatever germs the water may contain, and it is a safe rule to follow both in city and country. As to quantity, a tablespoonful may be given at a time, or even double that quantity if thirst does not seem to be allayed. This should be offered several times during the day, and always at night in preference to feeding at that time. Night-feeding should, if possible, be discontinued after four months.

#### Other Drinks.

Mineral waters, such as Vichy, seltzer, or simple carbonic water or plain soda, are often much liked by children when not given too cold. They are less likely to disturb the stomach than plain water. Toast-water or thin barley-water may also be used. Simple whey flavored with orange or lemon juice and sweetened forms a very agreeable drink, and at the same time a light form of nourishment.

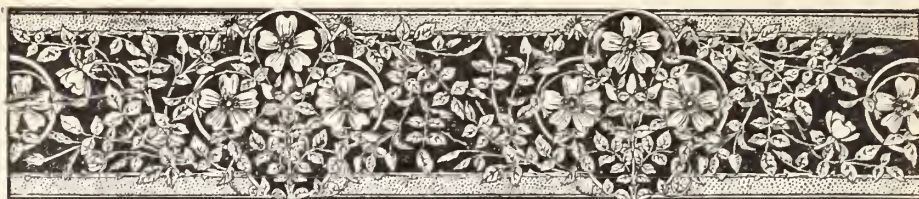
#### Precautions.

In all cases of young infants or older

children where milk forms a large factor in the diet, the most careful attention should be given to cans, bottles, and all vessels in which milk is kept. These should be scalded and then washed with a solution of soda. In the country, where fresh milk can be obtained twice a day, nothing more may be required except keeping it in a cold cellar or refrigerator. In cities where milk comes from a distance, and the two milkings of the day are mixed together, it is several hours old, and if the weather is very hot the changes of decomposition may already have begun when it is delivered. The only efficient way of stopping or preventing these changes is to have every day's supply of milk scalded as soon as received, and then put upon the ice. Before milk has become so changed as to be perceptibly altered to the taste it may already be totally unfit for a baby's food. Milk should never be permitted to stand about in open vessels in the living-room. All other articles prepared with milk must be as carefully prepared, and never warmed over for the infant.

#### The Use of Fruits.

Shall children who are old enough to run about be allowed summer fruits in season? If so, in what quantities? These are not difficult questions to answer, but rules laid down are not always so easy to enforce. Delicate children prone to attacks of indigestion had better be forbidden all fruits until past two years old, and then only allowed to take them in small quantities, and the effects should be carefully watched. Healthy children who are romping about in the open air in the country can take, not only with impunity but with decided benefit, all the summer fruits, provided only they are *fresh* and *ripe*. As a general rule, fruit should not be given to children for supper. Nothing insures children such a quiet, peaceful sleep as the old-fashioned meal of bread and milk at night.



## PERSPIRING BABIES.

BY DR. J. B. BISSELL,

*Instructor in Orthopaedic Surgery, New York Polyclinic; Attending Surgeon Bellevue Hospital, Out-door Poor Department.*

MOTHERS, young mothers especially, are often alarmed by the appearance of perspiration on their babies at times without evident cause. Usually this alarm is unfounded, but occasionally it is a signal put out to draw attention to an abnormal condition of the body which, unrelieved, will lead to disease; in other cases it is one of the earliest signs of the disease itself. Some mothers see it so often, without bad effects, that they pay little or no heed to it, and the baby slowly develops trouble which a better knowledge of this physiological phenomenon might have anticipated and prevented. They learn too late that the little patient might have been saved from weeks of suffering or even death, or from what, perhaps, is worse, a life of deformity.

### **Sweating and Perspiring.**

In order to properly understand the value of this sign it is necessary to study a little the process of sweating. The perspiration is a secretion, or rather excretion, of the body which takes place through the skin. Its principal constituent is water. With this are volatile substances of peculiar odor—salts, fat in very small quantity, impurities from the blood, and scales from the surface of the skin. In the infant the tissues are soft and full of fluid, and the water of the perspiration is in greater proportion than in the adult. Perspiration is continually taking place in health, and moisture is always present on the skin, but usually it is in so small a quantity, or is so rapidly evaporated, as not to be noticeable. This is called insensible perspiration. The term sensible

perspiration is used when either from increased production or retarded evaporation its presence on the skin is disagreeably evident. When this occurs we call it sweating. By this constant transpiration the skin is kept cleansed and soft, the blood to a certain extent purified, and the heat of the body reduced. Without perspiring we could not exist. Experiments made on animals have proved this fact. Rabbits and dogs were coated over with an impermeable varnish, and the greatest possible care taken of them in every way. In spite of it they always died in a few weeks or even days. If the perspiration were checked in man in this or any other way, the result would undoubtedly be death. Sweating, then, as it is commonly spoken of, is a relative term, and means that at the time the observation is made we are perspiring more than is usual.

### **Various Causes of Sweating.**

The causes of this frequent over-abundance of the secretion are many. The greater the quantity of moisture in the air on a warm day the less the evaporation, and, consequently, the greater the amount of perspiration which remains on the skin as sensible sweat. On the other hand the day may be very hot, but the atmosphere dry and constantly in motion, and though the perspiration may be actually more than in the former case it is carried off by evaporation, and we sweat less. A baby may be lying in a cradle with high sides, where it is difficult for a current of air to reach it; evaporation may be further prevented by tight clothing and heavy blankets; here



the amount of sensible perspiration will be greatly increased, although the amount exuded is not abnormal. This of itself is not an indication of illness; but, as we shall see later, is often productive of disease. The rate of secretion may be increased to such an extent that no amount of heat, dryness, or movement of the atmosphere that is possible, without destroying life, can produce the necessary evaporation. High temperature, as we all know, will increase the perspiration; dryness also may increase it; and although both these factors help in evaporation, yet they are not enough to carry off the sweat they have brought forth.

The amount of perspiration varies also with the quantity of food. Some special foods will cause in some infants profuse sweating during digestion. This, as far as is known, does no harm. The amount of fluid drunk and of exercise taken affects the perspiration. The exercise of babies is, of course, hardly to be considered; but if a baby is freed from the tight wrappings and binders which foolishly-careful mothers love to tie it up in, and is allowed to lie on its back, it is wonderful what an amount of exercise it can get in a short time out of its arms and legs by pushing and kicking.

#### **Sweat-Producing Drugs.**

Certain medicines increase the flow of perspiration, and are often given by physicians for that purpose; so it is always well, if sudden sweating is noticed after giving medicine, to mention this to the doctor on his next visit. The most common of these drugs are Dover's powder, tartar emetic, opium, wine of ipecac, aconite, sweet spirits of nitre, and alcohol in various forms. It is well to remember this in case of accident. For instance, cough mixtures are quite often carelessly left within reach of the babies. These almost always contain one or more of the above drugs, which in moderate doses for adults are beneficial, but are more or less severe poisons for infants or small children. If through some carelessness the baby has been poisoned by obtaining a dose of such a

medicine the sweating produced would be a great help in pointing to the cause of the mischief. If a careless nurse has given the baby soothing-syrup in order to quiet it, this can often be detected by the sweating which takes place during the sleep which follows. All, or nearly all, soothing-syrups contain opium in some form. In the same way a drunken or dishonest nurse can easily give to or place within the reach of a very young child sweet alcoholic liquids, as wine. The profuse sweating from an overdose of such a liquor, in addition to the odor from the breath, will give evidence of the nature of the poison and suggest the necessary measures to be taken until a physician can be obtained. Such cases are by no means uncommon.

As in the adult, also in children, certain mental emotions, as great excitement, sudden fright, shock, and so forth, will bring about a heavy sweat.

#### **When Perspiration ought to be Encouraged.**

When the kidneys are acting inefficiently the baby's body is often covered with a profuse perspiration. In such a case the peculiar odor of healthy sweat is obscured by a smell resembling that about a cage of white mice in a hot, close room. The moisture of the skin in this condition of affairs is to be desired, and should be encouraged rather than checked. It is nature's way of getting rid of substances which normally are carried off by the kidneys, and which while in the system act as poisons. The nerves for the most part regulate the passage of the fluid from the blood-vessels of the skin to its surface, and irritation of, or injuries to, or pressure upon them may affect the perspiration, in some cases increasing it, at other times checking it completely. This, however, is rare in infants.

#### **The Effects.**

Excessive sweating in either adults or children lowers the temperature and depresses the vitality of the body. Even a small amount of sweating, if long continued, has a similar action to keeping a person a



long time in a bath. The nerve ends in the skin are acted upon, the nervous system depressed, and this, acting on the vessels of the skin, relaxes them, allowing more fluid to exude; if too profuse to be carried off at once it remains on the skin, in turn increasing the nervous debility, and, of course, the sweating; so that sweating itself may cause more sweating, and so on indefinitely.

A baby with the skin and body in a debilitated condition from these causes is extremely susceptible to any of the ordinary children's diseases, and especially to coughs and colds. I have often found mothers almost in despair over the repeated attacks of bronchitis from which their babies continually suffered without any discoverable cause. Examination and questioning soon showed that these children were most of the time kept in a perspiration through some fault in the clothing, or that from lack of proper ventilation in the nursery evaporation could not take place. The skin kept thus in a constant bath, and therefore depressed and weakened, was most susceptible to the faintest change in the surrounding air, and coughs and colds were the very natural results.

#### Remedial Agents.

This can all be changed by proper attention to the clothing. It should not be too thick and heavy, and next the skin there should always be worn some absorptive material, as, for instance, the best flannel, which will at once soak up this moisture. This should be changed as often as it becomes wet or moist. Ventilation must, of course, be attended to. It is a mistake, except in case of sickness, to keep the temperature of the children's room at a steady point. Slight changes in the temperature cause mild currents of air which promote evaporation and act as a tonic to the skin.

#### Sweating as a Symptom of Disease.

Certain diseases have among their earliest signs the symptom of sweating. The most important and most common of these is the chronic disease of children known as *rickets*. This is characterized, when fully developed,

by deformities of the bones, the most notable being bow-legs, knock-knees, "double joints," and pigeon-breast. These occur late in the disease, and could probably have been prevented if treated in the earlier stages, hence it is important to recognize the disease at its earliest appearance. As a characteristic primary symptom of rickets sweating occurs about the head and neck during sleep, and is very profuse. The rest of the body is remarkably dry and hot. A confirmatory sign of the disease at this period is the difficulty of keeping the bed-covering on at night. The child continually kicks it off as often as it is replaced. About this time, also, constipation is usually marked, alternating with slight attacks of diarrhoea. All these are very positive evidences of this constitutional disease, and such a child needs careful medical treatment. Profuse sweats sometimes occur at night just previous to an attack of cholera-infantum. Consumption of the lungs is sometimes preceded by gradually increasing attacks of perspiration covering the whole body, and taking place at night. There are almost always other symptoms at the same time, or before these, which draw attention to the lungs as the seat of disease. It may also be that the sweating is only one of many symptoms of general debility from poor nourishment and bad hygiene.

#### The Relief.

While the cause of this excess of perspiration, of whatever nature, must be attended to, something can be done to relieve the symptom itself. In a general way it is necessary to tone up the weakened and debilitated skin and its vessels. It will not do in all cases to check this secretion suddenly. There are several drugs which lessen the perspiration, but which are to be given only under the physician's advice. The cold bath, in proper cases, is the most efficient domestic remedy. Even this may do damage if not carefully applied. The water should be used just long enough, and just cold enough, to excite a glow on the skin. It should never be used in the cold, clammy

perspiration. In this case it is better to apply light sponge baths of water with alcohol in it, about two tablespoonfuls to the pint. This can be given twice a day, the cold bath only once a day or less often, the frequency to be regulated by the appearance of the

skin and the amount of improvement noticed. For babies, water with salt in it, brine, should be used with caution. Luke-warm, acidulated water immediately after the ordinary bath is a very good tonic to the skin.



## MOTHERS VERSUS MOTHERS.

BY JOSEPHINE KISSAM.

WHEN I was a girl mothers were an object of veneration to me ; and now, as one of the vast army of them, I like to continue the study of their peculiarities of character. Veneration still stands first on the list of my sentiments for them, but, alas ! how many another feeling is aroused during the study—amazement, pity, anger, and sometimes disgust !

I remember sitting one day in my nursery by the crib where my boy lay napping, when an intimate friend appeared at the door, and, entering, sank into a chair.

"What *is* the matter, Mrs. R—— ?" I inquired.

"Why, Pet is dead."

"Your pretty horse ?"

"Yes, beautiful animal ! It is always so with me."

"How do you mean ?"

"Why, of course, it is my handsomest horse. It was the same with my children : I lost the beautiful one ; the others all lived."

I looked up in astonishment, and then and there true veneration in this case resigned its place to amazement ; and yet that woman was the mother of several well looking, finely-formed, healthy children—the ones that would not die.

Again, one lovely summer day, on the way to my room at a hotel where I was boarding,

I passed the bath-room, the door of which was wide open ; there, in the direct draught 'twixt door and window, stood Bridget, a really good-natured though "green" Irish girl, holding a baby under the warm-water faucet.

"O Bridget ! you will hurt the baby," I exclaimed.

"Niver a hurt. Shure I soaps her first and then renses her off" (keeping up a swinging motion with the baby all the time that made me dizzy).

"Doesn't she ever cry ?"

"Niver a whimper, the darlint !"

And no wonder ! Her eyes were closed, and she looked drawn and white about the mouth, while the rest of her body was more than rosy from the water, that came, of course, warmer and warmer.

Veneration again took her leave, and pity reigned instead ; for when I told the baby's young mother, she was aghast, and only too glad to have Bridget taught better ways. What I wonder is how she could, as the children say, "trust to luck" as to how her baby should be bathed, and lose the pleasure of giving it the bath herself.

Veneration has fled repeatedly from the presence of disgust when I have heard the all-too-common sentence, "I trust my nurse implicitly."

Not so very long ago a lady was walking

down a much travelled street in —, and could not keep from watching a nurse attending a baby-carriage. The nurse would give the carriage a push and then walk after it. The lady, who was very fond of babies, stepped up to the nurse at last and said: "Pardon me, but that is very dangerous; the carriage might upset and injure the baby." She was rewarded by an insolent stare and, "I know my business, I guess." Nevertheless Baby's friend did not lose sight of the perambulator, and soon, to her horror, saw it upset over the side of the gutter. The nurse glanced hurriedly about, and, picking the carriage up, started homeward. The baby did not fall out of the carriage and was apparently unhurt, not making a sound. Baby's self-constituted guardian still followed, and, when the nurse had bumped the baby down the basement steps of its home, she rang at the upper bell. After telling Baby's mother what had happened she added: "It seems impossible to me that Baby could escape entirely uninjured." The mamma smiled condescendingly: "Thank you, but I trust my nurse implic—" A shriek from below startled the ladies, and, running down-stairs together in their fright, they found the baby seriously injured in the street, the carriage having been once more upset.

I had waited till a certain new baby should be a month old to call on its mamma; he was "No. 3," and a third boy, a lovely, rosy little fellow, whom one could not imagine other than welcome. I took him in my arms and played with and petted him, while his mother and I chatted, till, looking up suddenly, I caught a decidedly sarcastic smile on my hostess' face.

"I believe you really *love* babies?" interrogatively.

"Indeed I do. Do not you?"

"No—decidedly no. Of course I want mine to live, and I take the best care that I know how to of them, but I do not love children and would be just as well pleased if none had come to us." I did not stay much longer; veneration fainted, died of a severe case of disgust. I never called again on the lady, who was as great a mystery to me as I

was apparently to her, though I have repeatedly chatted with her "bothers" as they toddled along by the side of their nurse.

"Really, I don't know what we shall do with it when it gets here; we never counted on a baby when we built this house," and the pretty young matron drew her fair brow into an astonishing number of wrinkles at the undesired prospect.

"Never counted on a baby!" I exclaimed in astonishment (we were intimate friends). "Did you hope never to have one, then?"

"Well, yes!" with a little laugh. "But there was no such good luck for us; and now so many of our pleasantest plans are ruined. It will be

"'Bottles, bottles everywhere,  
And never sleep a wink,'"

I suppose. Heigh-ho! And Jack is as mad as I am."

Poor unwelcome baby! And yet here was a home where one would have supposed a child would have been the one thing to make completeness; where it could have claimed

"Beauty and health, joy and wealth,  
And papa's and mamma's best love."

In vivid contrast, in my mind, rose the picture of my washerwoman as she had turned from her tubs, the previous week, wiping the suds from her hands, to thank me for a bundle of tiny garments that she would soon need. Four little ones tumbled about the doorway; still it was pleasant to see the look of tenderness steal over the mother's face as she looked over the bundle.

"What will you do, Mrs. S—, when Baby comes?"

"Work for the dear, ma'am, as we do for the rest; it's welcome. My man says, 'The more the merrier.'"

Ah! mothers, how much rests with you as to your daughters' future. Do not teach them to look upon children as an evil to be avoided if possible. It once happened that I was in the room where a young mother lay very ill; there were already three little ones in the home, but the night before an accident had occurred that resulted in the mother's losing the promised baby that was

to have been "No. 4" some months later. The grandma entered while I was there, and, bending down to kiss her daughter, found tears in her eyes.

"Mercy! what are you crying for? Not because you lost it? I should think you would be thankful, with three already."

"Well, I am not, mother. I had begun to love it, as I did all the rest, when I first knew it was coming." And the patient turned

her face, with its silly (?) tears, away from view.

I have not had to imagine even one of my cases; they are genuine, sad as it may seem. Still, like the "clear shining after rain," one loves to think of the many mothers throughout the land who love their little ones, and look eagerly forward to BABYHOOD and other good counsellors to aid them in their happy work.



## GENERAL SANITARY HINTS FOR SUMMER.

BY LEROY M. YALE, M.D.

### I.—THE COUNTRY.

NO one having the care of young children can be indifferent to the approach of summer, for, while it nearly brings exemption from many ailments, it gives a full equivalent of anxiety in the frequency of some other diseases, notably those of the diarrhoeal type. Precautions against particular contagious diseases become far less necessary than in cold weather, but general sanitary watchfulness is quite as urgently demanded. It will be timely to thus early glance at the most important points to be borne in mind in this connection.

The problems before one vary somewhat, according as the hot season is to be spent in the country, or in a large city, or in those towns of medium size which share the advantages and disadvantages of both city and country. For convenience the matters relating to the country will be first considered.

#### Surroundings.

One whose permanent home is in the country may have less opportunity for choice of situation than one who goes there for the

purposes of health, but in other respects the former will have the advantage of greater control of surroundings. The "summer boarder" has a good many things to consider, if he proposes to personally satisfy himself as to the wholesomeness of his surroundings. The particular advantages of sea-side and mountains will be dwelt on in other articles; but, whichever be selected, the following points must be equally considered.

As to the nature of the ground where a house stands a casual examination will tell little, and for the most part the seeker must rely upon general report with regard to it; but a glance may reveal standing pools or damp places, which show how imperfectly the earth has dried. Such a place would not, of course, be a desirable one. But ordinary observation and a little inquiry will discover how a house stands as regards sunshine and the prevailing winds of summer. Even in summer sunlight is wholesome; the direct force of the sun may be trying, but a room that is not visited at all by sunshine is a poor place to dwell in. Shade is pleasant



to go to at will, but it should not be too constantly about the house. By hindering the free circulation of air, trees too closely placed, which in winter were a screen to the house, may be a disadvantage in summer. It is advisable, therefore, to select, when practicable, a house or rooms open to both sun and breeze. If the sun is too powerful, a very slight expenditure will procure awnings of some dark material which will give the requisite shade during the hot hours of the day. If comfort rather than elegance is considered much may be had for little money.

#### **Disposition of Chamber and Kitchen Waste.**

The other important matters to be looked after are the disposition of room and kitchen slops, and the situation of privies, particularly as to their effect upon the air of the house and upon the water-supply. These subjects require attention everywhere, but they are most urgently thrust into notice in places which, like the ordinary farm or village residence, are intended for the occupancy of one small family, but which during the hot months are turned temporarily into miniature hotels. The changed condition is not appreciated until its results are seen in illness.\* It will usually be the duty of the boarder himself to see that the disposition made of all sorts of refuse is not such as to endanger health. It is a matter of common observation that in many country towns and in small cities typhoid fever is relatively much more abundant than it is in most of our great cities. Moreover, it is well known that in great cities, among the well-to-do, this disease is most likely to prevail after they have been staying in country places. There can be but little doubt that these facts depend upon the greater probability of water-contamination in the smaller towns. Such contamination is usually avoidable. It is, unfortunately, by no means infrequent to find a privy, or a slop-sink or a swill-heap so

placed that it can hardly fail to contaminate the well or cistern from which the drinking-water of the house is obtained. If such a condition is found and is not at once remediable, avoid the place. The hazard of such a residence is too great to be taken.

#### **Need of Constant Watchfulness.**

But it will happen that the arrangements about a house seem to be all right, but that by carelessness they are rendered valueless. For instance, how often do we see a house with its well beside it, and the privies and the sinks so placed as to render water-contamination improbable. But in the hurry of summer work the servants grow careless, and all slop-water not distinctly chamber-slops is thrown out of the kitchen or laundry door near to the well. To save steps the poultry are fed on table-fragments about the same doors. They render the place foul, and the slop-water washes an extract of the whole filthy débris into the well. This may not cause typhoid, but it does make unwholesome water for drinking. There are many such unsavory details which must be looked after if one is to feel safe. The boarder need not be always nagging his landlord, but he may see whether such things do occur, and at proper occasions and in a proper way call attention to them, usually with the result of their being stopped. We say the boarder, because if one is his own householder and lets such things occur he deserves a punishment for being so careless of the health of those he holds dear.

It would be worth while for the householder occasionally to consider his own surroundings from the point of view he would assume if he were about to hire his own house from another; or, if he cannot himself do this, he might invite a neighbor to assume the rôle. It is largely in this way of friendly criticism, comparison, and emulation that many of the village improvement societies accomplish their good results.

#### **Disinfectants.**

As to disinfectants for common use about such places, it may be said that earth saturated with unwholesome liquids is not easily

\* If any one is interested to know what an appalling condition of affairs may result from simple inadvertence and neglect, let him look at the article on "The Drainage of Summer Hotels and Country Boarding Houses," in the Report of the State Board of Health, Lunacy, and Charities of Massachusetts, 1879.

disinfected, even by the use of powerful agents which in turn might become dangerous to the water-supply. Privies and sinks, however, may be kept in good condition by the use of antiseptics. A cheap mixture is common rock-salt and sulphate of zinc, rather more of the latter than the former being used. If any one in the house is ill of a malady which is attended with infectious discharges, some more efficient disinfectant should be used upon the latter before they are taken away from the house. The contamination of the earth, and through it of drinking-water, can also be partly guarded against by the free use of dry earth thrown into the pits, and by keeping out of the pits all water not properly belonging there. This renders the mass dry, and therefore less likely to soak into the surrounding earth, and also facilitates frequent cleansing with less offensiveness.

#### Avoidance of Exposure.

Of course exposure to cold is not meant, nor exposure to recognized sources of disease, such as marsh miasms, which cause the true malarial diseases. We refer first of all to undue exposure to heat, either as to duration or degree. In many, if not most, places in this country during the warm season the heat in the middle of the day—say between 11 A.M., or, at latest, noon, and 3.30 or 4 P.M.—is too great for children to be allowed to play unsheltered. The effect of the heat is not so very often shown in children by the symptoms we call sunstroke, but rather by great exhaustion of the forces of the economy, which is particularly evident from the failure of the digestive processes. Bad food goes for much in summer diarrhœas; heat is nearly as efficient, and in the severest of types—the true cholera infantum—it counts for more than all else together. It is, therefore, of the highest importance that any exposure to the greatest heat should be avoided.

#### The Mid-day Rest.

The mid-day retirement to the house or to the shade, however, has not only this advantage. Nearly all children of the age which particularly concerns BABYHOOD are

the better for an enforced rest for a time, independent of temperature. There are some phlegmatic children who can play all day without undue excitement or fatigue. But usually a rest, if possible a sleep, restores the calm of the nerves and makes the child for the remaining hours of the day happy instead of excited, irritable, and perhaps exhausted. It should be made a point, if the weather be warm, to combine this rest with the retreat from the sun. It will be well worth the mother's or the nurse's while to endeavor to make these indoor hours pleasant; the ease of the rest of the day will repay her. The night's rest will also be the sweeter for it.

#### Avoidance of Draughts.

But while the importance of cooling air cannot be overestimated, exposure to draughts must be avoided. Fresh air is always beneficial; a draught of air rarely if ever. But not every breeze is a draught in the sense intended. It usually does good and not harm to walk in a brisk breeze; it generally is safe to sit facing one; but a draught—*i.e.*, a current of air directed against some *part* of the person—is to most people a source of injury. Arrange currents of air so that they shall pass by you without falling upon you; this generally can be accomplished by screens, curtains, and similar contrivances.

#### Preparations for Meal Time.

It follows from the foregoing that if overheating, chilling, or fatigue are exhausting they should be especially avoided, and above all in children, near the time of a meal, before or after. The child who comes to table exhausted by heat and play runs a risk of imperfect digestion, if not of a decided upsetting of the stomach and bowels. Let the children, if possible, be brought into the house a little before meal-time—if the noon-rest is insisted on, the mid-day meal is cared for—so that their toilet may be refreshing and quieting rather than a vexatious keeping them from the table. Let their thirst be slaked with not too cold water, and if but a little rest is allowed, their meal will be much better managed by their digestive organs than if no attention is paid to these details.



## THE PRESERVATION OF MILK.

THE question of the preservation of milk is always in order, but it is particularly pertinent to warm weather, and our attention is called to it at present by the inquiry of a correspondent for a means of preventing change in milk during a thunder-storm. It will be proper to say in starting that in the present state of our knowledge it is difficult to conceive of milk spoiling without the presence in it of some ferment. Having on a previous occasion spoken of it, we may omit from consideration the peculiar change characterized by the presence of tyrotoxicon, which occasionally produces violent symptoms in those who have taken cheese, ice-cream, or anything else containing this substance; what we now have to say refers to the ordinary "souring" or "turning" of milk.

### **The Relation of Thunder-Storms to the "Turning" of Milk.**

The souring of milk suddenly occurs sometimes during or near to a thunder-storm. It does not happen in every thunder-storm, and it does not affect all milk in the same thunder-storm. which facts, together with the belief already mentioned that no fermentative change can take place without a ferment, justifies us in saying that the effect is not directly due to the electrical disturbance at all. The kind of weather usually preceding or accompanying a thunder-storm doubtless is favorable to the growth of ferments, and it is not improbable that the electrical disturbance may also favor their development. We do not often hear of milk brought to the city, after being well cared for at dairy farms and in transit, and kept chilled after distribution, being affected by thunder. Nor do we find that dairymen are much troubled by this acci-

dent. The inference is that if the milk is kept always till used at a temperature low enough to prevent ferment-growth, it will keep sweet, and that any failure is due to some defect in details of care.

### **The Value of Boiling.**

But we have a resource which is certain to keep milk sweet if properly applied—*i.e.*, boiling. The whole study of fermentation and sepsis and their prevention (a study, by the way, in which the researches of the distinguished Pasteur have been a thousand-fold more valuable to human life than his much more sensational study of hydrophobia) has emphasized the importance of the details of cleanliness. When any experiment is to be made, the most elaborate precautions are taken to insure the sterilization of everything used except the one substance which is to be investigated; every vessel, receptacle, instrument, liquid, or other medium made use of is "sterilized"—that is, deprived of organic life—and, further, is kept sterilized except in some predetermined way. One of the most commonly used and effective ways of sterilization of liquids is boiling. Milk presents no exception to this rule, if the process is rightly conducted.

### **Best Method of Preserving.**

Every housewife is familiar with the process of preserving, and is aware that if she seals or hermetically closes her cans while the contents are at boiling heat and the small quantity of air contained in the vessel is also at the temperature of the vapor, she may keep her preserves for a very long time, if not indefinitely. Milk itself when condensed is so treated, and the whole canned-goods industry depends upon this well-known fact. It has been shown that fresh



milk can be treated in the same way with like success. It does not often occur that milk need be kept beyond a day, but it may easily be kept longer than this time if, granting it was sweet when received, it is put at once into a clean preserve-jar, placed in hot water which is raised to the boiling-point, and closed while steaming, in the same way that preserves are closed, by screwing on an air-tight cap. Occasions may arise, such as travelling in hot weather, when it is necessary or desirable to have good milk always ready. In such cases it is preferable to have the containing vessels small, so that once opened their contents may be speedily used.



The best vessel, which is easily obtained, is the strong, round-bottomed bottle used for ginger-ale, soda-water, and other carbonated drinks. If they have well-fitting rubber stoppers with lever fasteners they will do. If the stoppers are worn so that their fitting is inaccurate, reject them. An ordinary rubber cork is perhaps best of all. Our contemporary, *The Nightingale*, suggests as a convenience a wire egg-boiler for

handling the bottles in the hot water. If one is not at hand, tie the necks of the bottles to sticks long enough to cross the top of the boiling-kettle (some of our readers may be familiar with the device from having seen tallow-dips made), and as one is ready to cork raise it by the stick, seize the neck with a folded towel, cork quickly and tightly with the rubber cork. If the process is well done the milk is safe for a longer time than it will probably be needed.

#### Lime-Water and other Alkalies.

A word may be in place as regards the use of the alkalies in milk. Some misapprehension probably exists as to why they are used. They are, both lime-water and bicarbonate of soda, used with reference to changes which are anticipated after the milk has reached the stomach, and they are also useful to correct the greater acidity of reaction that naturally exists in cow's milk as compared with human milk. The suggestion is sometimes made to add soda-bicarbonate to milk when it is received. If this is simply a method of adding the alkali once for all, and other means are taken for preserving the milk, it is well enough. But it should not be supposed that the alkali is itself a preservative. It is true that it may, by neutralizing some acid, prevent the change that has begun from being at once recognized; but it does not really retard the change. No one, we presume, would think of giving a child milk known to be sour simply because the addition of alkali took away the acid taste or smell; and the procedure would be no safer if the alkali were added in advance of the change. We think, therefore, that it is more prudent on the whole not to put in the alkali until the milk is to be used, so that any change may be recognized as soon as possible, which change ought not, however, to occur if the milk has been boiled as directed.

One word more. If any one should find that the boiled milk is really constipating to a child, an extra amount of soda-bicarbonate or a little phosphate of soda will generally relieve the difficulty.

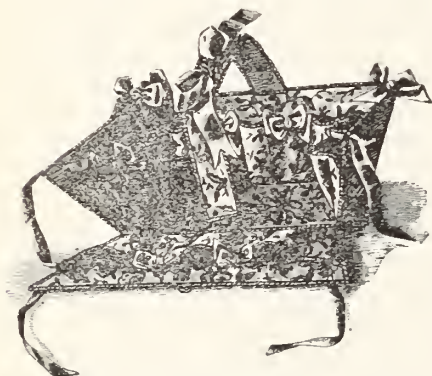




## NURSERY HELPS AND NOVELTIES.

**Work-Basket.**

ON the annual trip to the country during the summer nothing is more indispensable to the mother of a little flock than a well-stocked work-basket. We give the picture of a home-made basket so fashioned as to spread out quite flatly,

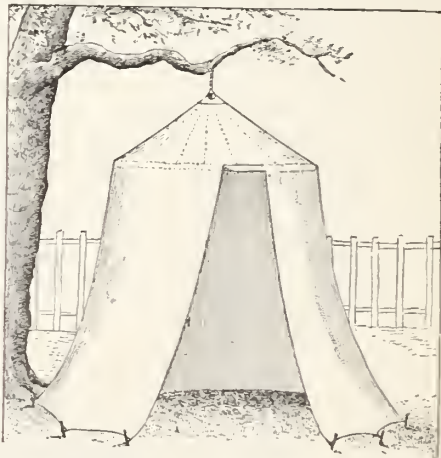


and hence easily packed. The bottom measures twelve by ten inches; the sides are six inches high and slope slightly outward towards the top. Each part consists of two layers of cardboard, the one for the inner side being covered with some gaily figured cretonne, the one for the outer with red woollen goods or calico. The parts are then sewed together neatly with over-hand stitches, and finished off all around with cord twisted or crocheted of red worsted. To shape the pockets take double strips of cretonne, lay into box-plaits at the bottom, and tack down with bows, as plainly shown in the illustration. Now affix the sides to the bottom, and sew on ribbons at the upper corners by means of which to tie together into the shape of a basket. The handle is made of a triple strip of cardboard, two inches wide, covered with cretonne, finished off with cord and a bow in the centre, and firmly fastened on at one end while the other is arranged to button at the opposite side. Among the furnishings of the basket it is well to have a dozen or so of the white and black linen threads attached to needles, which are sold for one cent apiece at every notion-counter, and are extremely convenient to have at hand for the sewing on of buttons. Pieces of the cloth and buttons matching each little garment should not be forgotten, while it will be found very serviceable to have an assortment of variously colored sewing-

silks for darning purposes. To this end take a piece of cardboard about four inches long and two wide; notch at regular intervals on each of the long sides, and wind into each notched part a few threads of sewing-silk from the remnants left over from the children's dresses. This will be found a much neater and more compact way of carrying them than on the various spools. Shoe-buttons and laces, as well as darning-cotton, are such obvious necessities that no one is likely to forget them.

**Out-Door Protection.**

I venture to suggest a way to give the children protection from the sun and still keep them in the open air. When living in the country, during house-cleaning time, I came across an old mosquito netting canopy, for which we had no use. It was one of the kind that folds up like an umbrella for packing, and when in use is suspended from a hook in the ceiling. I laid it by till later in the season, when one day I suspended it from the branch of a tree, and found it a grand success, not only for the use of the little people, but very frequently for those who considered themselves older and wiser. I first cut away



all the soiled netting that forms the curtains, leaving only the netting that covers the bars. I covered this last-named material with unbleached muslin, and then about the sides attached very coarse (the coarser the cooler) unbleached muslin curtains. About the bottom hem of the curtains, every twenty inches or so apart, I placed a

loop of the strongest tape, very securely sewed on, through which, when the canopy was hung, were pushed the pegs that converted it into a tent. We used to leave it out night and day, and only moved it to another place when the lovely green carpet—*i.e.*, the grass—became brown from wear.

J. K.

*Brooklyn, N. Y.*

#### A Home-Made Nursery Chair.

LITTLE folks are very sensitive to changes, and many a child, as well as many a mother, has longed, in her summer outing, for the comfortable little willow chair-commode at home. It is almost unreasonable to expect very satisfactory results when a child is held over accommodations much too large, and without any support for the back, especially if time is required.

An old nail-keg, with part of the side cut out after the pattern here given, in which a movable seat, with its usual opening, can be placed, answers the purpose admirably. A shawl thrown



over the back adds to the comfort and completes a novelty which had a wonderful charm for our little maiden last year when we visited "the farm." It takes but little time to make, is inexpensive, entirely convenient, and can be stowed away in the garret "till we come again." The

child may be fastened in by folding a towel diagonally (to make it long enough) and pinning it round the outside.

For those who are travelling from place to place, or visiting where such things are not kept on hand, a board, nicely planed, with hole of suitable size and feet that will fold under, may be carried in a valise.

M. W. T.

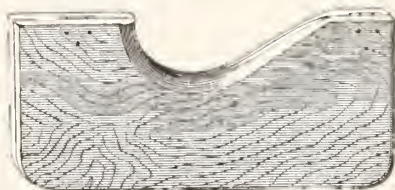
*Philadelphia.*

[We have received suggestions upon this topic from other readers, describing substantially the same plan, except variations in the shape, in one case the sides being cut away so as to form arms.]

#### A Travelling Convenience.

I SEND you herewith a model of an article which has been found almost indispensable when a particular mother travels with children; even grown-up children admit its advantages. The one we have used over two years I made of white poplar, using brass hinges. It is seventeen inches long by fifteen inches broad, and,

when folded and in its cloth case, is very little of an encumbrance to carry. While not a new device, I think it will be novel to some readers, and certainly is a most satisfactory and useful



article, which a kind husband should make for his better-half and little ones.

G. W. B.

*Marietta, Ga.*

#### A Simple Method of Communication from the Sick-Room.

SOME time ago I was confined to my bed for three weeks, and my husband then devised such an easy and at the same time ingenious method for calling my nurse that I describe it, hoping to induce some of BABYHOOD's readers to try it for themselves. The means employed were a cheap electric bell, a small battery, sixty feet of insulated copper wire, and a press-knob or push-button. These can be obtained of any dealer in electrical supplies or through a telephone agency, at a cost of about four dollars.

The great merit I claim for it is that the whole thing may be very quickly put up by any one at all handy with tools, thus saving the expense of employing an electrician; and, moreover, not a hole need be made in woodwork or plastering. In going through a room the wires may be placed under the edge of the carpet, and in going through a doorway they may be put through the side on which the door swings—*i.e.*, in the top or bottom corner.

In our own case a strip of wood, three inches long and one inch square, was nailed on top of the casing to the door leading from the sitting-room where we wished the bell to be, and to this the electric bell was fastened by screws placed in holes ready made in the wooden base of the bell. This avoided making any holes that would show when the bell was removed.

We cut the wire in two equal pieces, and, fastening an end of each in the screw-cups on the bell, led the wires through the upper corner of the doorway, across the top of the lower hall, and up the side of the front stairs to the landing on the next floor, then along the wall under the edge of the carpet, held down by little wire staples, to the spot where we had placed the battery behind a chest of drawers. The battery

used was a common Leclanche cell, with sal-ammoniac and water, full directions for using which are on the glass jar. One of the wires was cut and one end fastened to the zinc rod, the other to the carbon, by means of screws already on the rods. The wires were then led on to the door of the sick-room and through the lower corner of the doorway, and following the wall on the floor under the edge of the carpet to the head of the bed. From here it hung over the head of the bed, leaving plenty of wire to allow for moving the bedstead, and not fastened, in order that it might be taken off at any moment and let down within easy reach of one lying in bed. As we had some extra wire, we took a pencil and wound the wire round it regularly, so that on pulling out the pencil it looked like a coil spring. The push-button was now unscrewed, and the two ends of the wire passed through the two holes in the back and fastened inside between the little metal bands and the wood by loosening the small screws, putting the wires under, and then screwing them up again. We screwed the button together again, and, after filling the cell, all was ready for use.

Care must be taken in making the connections in the screw-cup, etc., that the insulating cover of thread and paraffine on the wire is thoroughly scraped off for about an inch at the ends before fastening. There is so slight a current with this battery that no alarm need be felt by the most delicate. In case of a person not able to lift an arm to reach the button, the soft, pliable telephone wire could be used in the room and the button laid on the bed.

In case the articles are ordered from a distance by persons unfamiliar with such things, it would be well to request the seller to fasten short pieces of the wire in the screw-cups and push button to show how it is done. By having the wire long enough to hang quite slack it will be seen that it can be carried to one side when the bedstead is moved—in case of sweeping, for instance—and when the patient is able to sit up it can be carried to the chair.

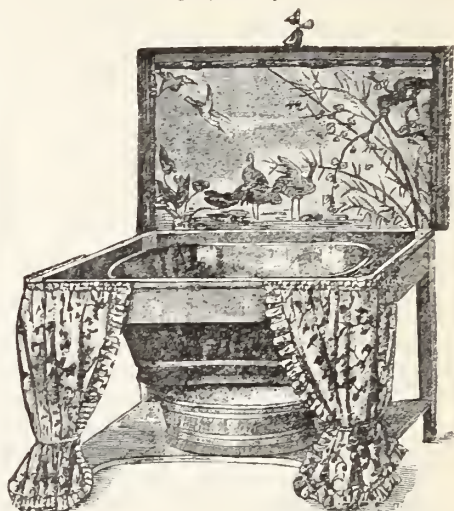
*Boston, Mass.*

A. H. B.

#### Table Containing Bath-Tub.

THIS picture shows a novel and pretty way of converting a table into a bath-tub holder, which I have found very desirable in a room where there is not an abundance of space. An opening in the bottom of the tub allows of the water, after use, running into the receptacle beneath, which can be more easily removed than the tub

itself, and offers the additional facility of removing the water in smaller quantities. When the lid, which hooks up by a loop to the wall, is let



down, and the cretonne curtains are drawn, a handy little table presents itself.

A. F.

*New York City.*

#### An Aid to Regularity.

I VENTURE to suggest that other readers of *BABYHOOD* may find the toy dial, described in the number for last October, as great a convenience as I have done when used as a *time indicator* of Baby's nursing hours. Mine is a bottle-baby, and, like all the properly reared infants mentioned in *BABYHOOD*, is a live by-rule baby (and a grand success as such, despite the predictions of the monthly nurse, who bequeathed me what she considered a cry-baby, too cross for this world). I resolved that his nursing hours should be at stated intervals, both by day and by night, according to the formulas so often given in *BABYHOOD*, and, after a few days of distress and discouragement in undoing the go-as-you-please régime of the nurse, reaped the reward. It may seem a small matter to have to call in such an aid, but in the many perplexities and constant thinking and planning of the nursery it is a great relief to have the thinking done for one in any little thing. If his first meal is, say, at 6 A.M., I set the dial at that (it hangs in a prominent place and is quite large and distinct), and, when the three-hour interval approaches, have not got to perplex my mind by recalling whether *this* morning it was 6.15 or 5.30 that he started; and so on through the day. It is especially a good reminder in case his nap ends a little before



or a little after his next meal-time, and aids me in regulating the succeeding one. In fact, the various causes which necessarily lead to a little variation at times would by the end of the day throw his programme completely out of gear; this acts as a kind of balance-wheel and prevents its getting far enough out to have any ill effect. But I fear you will think I am writing a dissertation on the importance of regularity, so will stop.

The dial costs only twenty-five cents, it will be remembered. This is the second one in our possession, the first having been got for use as a toy by an older baby.

O. B. D.

*Morristown, N. J.*

#### Cup for Heating Liquids over a Gas Jet.

A QUICK and ready means for heating a small quantity of water or indeed any liquid, is a thing so desirable as to be almost a necessity, especially in cases of sickness. After trying many inventions, and not being satisfied with either, a friend brought us a new idea, embodied in a tin cup holding about half-a-pint, and having a handle some five inches long, with a hole in the end to hang it up by and a little tube in the middle to fit over a gas-jet. It made no pretensions to elegance, but did all that was required of it. We do not know that it is for sale generally, but it is effectual and inexpensive. Buy a



block-tin cup with a long handle; have a tin-smith cut a half-inch round hole in the bottom; then make a tube one-and-a-half inches long, the same diameter as the hole, and close one end of it; then he will solder the open end of the tube in the hole in the cup's bottom, and the job is com-

plete. When you want to use it, put enough water for your purpose in the cup, place it on the gas-fixture, with the burner in the tube, turn on the gas and light it, and you will have the water boiling quickly enough to suit the most impatient. The illustration gives a good idea of the device; a part of the side of the cup has been removed to show the central tube. L. P. S.

*Albany, N. Y.*

## NURSERY PROBLEMS.

### Paper-Money from a Sick-Room.

*To the Editor of BABYHOOD:*

My next-door neighbor borrowed twenty dollars of me a week ago. To-day he returned a twenty-dollar bill in a note of thanks by his boy. My wife saw the boy, from an upper window, coming in the gate, and knew I was about to open the door to let him in. She also knew that since the money was loaned two very severe cases of measles had developed next door, the said boy having himself just previously recovered. She knew, further, that as no attempt had been made to quarantine either of the three children, this hopeful had as likely as not just come from the sick-room. Another thing she knew was that there are two babies in our own house.

It is not strange, therefore, that at this point in my story my better three-quarters appeared on the scene; and when my better three-quarters appears on any scene in which the babies are involved it generally means business. This was the business: "Charles! Charles! whatever Willie Smith gives you, be sure to burn it up *immediately!*" "All right," I answered, "*of course I will!*" adding mentally, "all except the twenty dollars." What to do with that I didn't exactly know; but as I was on my way to the cellar to look at the furnace, I

plunged the letter and envelope into the flames, putting on the draughts "one seven times hotter" than they were wont to be put on, and then pinned the bill up between the beams in a dark place by an opening into the yard, where a cold April wind was blowing through, and struck an attitude at a respectful distance with my eye on it while I paused to think. I couldn't quite make up my mind whether to let it stay there awhile and get aired out, or to pass it off as soon as possible on some unsuspecting denizen of the locality, or to take a complete record of its number, date, bank, and all particulars (it was a National Bank bill), burn it up, and then send the record to the Secretary of the Treasury, telling him the circumstances, and asking him if, in the interest of the public health, my praise-worthy act wouldn't entitle me to be indemnified by the government.

It is now eleven P.M., and that bill hangs heavily on my mind and lightly on a timber of the dining-room floor, just about under where the oldest baby sat at the supper-table. It occurs to me that BABYHOOD knows everything, and I have concluded not to sleep until I have laid the facts before its editor, asking, (1) Could I recover anything from the Secretary of the Treasury, or would he adjudge me daft? and (2) Is there any danger of contagion in such a



case anyhow? By the time I can get an answer we will perhaps all have got safely through the measles, but the information will be good any other time.

T. G.

*Bridgeport, Conn.*

So far as our omniscience is concerned, what we don't know would perhaps fill several volumes, but in such matters we endeavor to obtain the services of those who do know. We have referred your first question (or the first part of it) to the Secretary of the Treasury, who replies that "the Treasurer can entertain no demand for redemption without presentation of the note, or, if mutilated, of so much of it as will enable him to identify it." The law relating to redemption of United States bonds totally destroyed does not apply to National Bank notes; of these at least a recognizable portion must be shown, with due proof of destruction of the remainder, when payment of a part or the whole will be made, dependent on certain conditions not necessary here to detail.

As to whether there was any danger of contagion in this case, we think it hardly probable, but not at all impossible, and we commend the prudence dictated to you from up-stairs. If the bill is still hanging on the timber and none of your family have yet had the disease, you may with a clear conscience pass it upon any denizen. In another similar case you can disinfect the bill without damaging it, by either of two easy methods: Pour a little alcohol on a piece of sulphur and burn them on a brick or flat stone, laying the bill near them, and covering all with an inverted stone jar so as to secure the fumes; or soak the bill in a two-per-cent. solution of carbolic acid and water.

### Distorted Feet.

*To the Editor of BABYHOOD:*

(1) What is the remedy, as well as prevention, for misshapen feet?

(2) Why, if the baby-foot is shaped rightly (the toes slightly spread, and the weight apparently evenly divided over the sole of the foot and on the bottom of each toe), when shoes have been worn for a few years, does the shape of the foot change and the ends of the toes turn downward, the joints poking upward? This is the way the feet of my oldest boy, aged 6, and my girl, aged 3, have changed; while they have always worn shoes at least one-fourth of an inch longer than their feet. I cannot but feel that the trouble is in the width.

(3) Is it lack of sufficient length or width that is to blame for the immense joint, that sometimes inflames, on the inside of the foot? M. C. H.

*Cranford, N. J.*

(1) The remedy lies chiefly in the wearing of the same kinds of shoes, that would have prevented the distortion in the first instance. But after a certain degree of displacement and rigidity has

occurred other management is necessary. The subject is too wide to be treated of at present in an answer to a problem.

(2) We are not sure that we understand correctly what is intended. There is a crumpling up of the toes and the thrusting of one under another, due to the shoes being too short or too narrow and pointed; this change is a familiar one. But we think you mean a change which is natural and proper, within limits—namely, that the habit of springing upon the toes in walking gives to them, particularly the outer ones, a slight curve upward, with some enlargement of the bulbous extremity. This curve is slight only. You can re-examine the children's feet and see which change you have to deal with. If the toes are crowded together and the imprint of one is left upon another, the shoes have done at least a part of the distorting.

(3) Insufficient length helps somewhat. But the deformity is created thus: A shoe, the inner margin of the sole of which turns outward—as is usual in shop-shoes—at the toe-joint crowds the great toe towards its fellows; this distorts the toe-joint, pressure is made upon parts of the joint not well prepared for it, then the narrow upper chafes and sets up an inflammatory process, which ultimately results in chronic thickening of the soft parts, and even of the bone. These distortions sometimes are so extreme as to render the cutting out of the joint necessary.

### The Use of a Baby-Carriage.

*To the Editor of BABYHOOD:*

My baby is twenty-one months old and does not walk nor has ever crept. He seems quite normal otherwise, and unusually healthy, having always been taken out-doors a great deal. Would you advise the use of a perambulator? Yours truly,  
*Mass.* L. R. A.

If the baby is "quite normal otherwise" in regard to bone-growth and various kindred things, the perambulator would encourage him to try to walk. But you can also encourage him to creep by engaging his attention with some attractive object and then leaving it near, but not too near, him on the floor, and so entice him toward it. But first examine, or have your physician examine, if he is strong in the particulars alluded to. See if his head is firmly closed; see if he has teeth enough—he is entitled to sixteen at twenty-one months of age; feel of his shins and forearm to see if the bones are as straight as usual; notice if his joints—i.e., the ends of the bones—are larger than usual; also if he is constipated, or fluctuates between constipation and diarrhoea; if he is subject to sweating of the head. If he

is all right, then encourage him ; if not, wait and have your physician advise you as to what is lacking to make him strong enough to begin walking.

### The Effects of Whooping-Cough on the Teeth.

*To the Editor of BABYHOOD :*

When my little girl was six months old she took whooping cough, and suffered with it for the next four months. It was a long, hard siege for us, but, as she seemed to recover entirely from it after that time, I congratulated myself upon having *one* complaint of childhood out of the way. But when the permanent teeth began to come through, the lower incisors had a ridge across them about half-way between the crown of the tooth and the gum, and the upper incisors a row of tiny holes in the enamel about the same distance from the crown. The first double-teeth, those next to the wisdom-teeth, had no enamel on the top, and it soon became necessary to cap them with gold—a tedious, painful, and expensive operation. As soon as the dentist looked at her teeth he asked if she had any sickness in infancy. “Only the whooping-cough,” I replied. “That is the mischief-maker,” he exclaimed, and then told me that whooping-cough, scarlet-fever, and measles in *infancy* affected the permanent teeth in proportion to the development of each tooth in the sac. We hope the other teeth may have escaped the ill-effects of this *simple* disease, as they probably were not sufficiently developed to be caught by it. I have only my dentist’s word for it, and my knowledge that the child was a very healthy child and gave no evidence of defective nutrition that might cause unsound teeth, and she does not inherit such teeth. I should very much like to know if in your opinion the dentist’s diagnosis was correct.

*Honolulu, Sandwich Islands.*

E. A. C.

It is a common belief among dentists—and doubtless a correct one—that infantile disorders affect the development of both sets of teeth. How far one can correctly specify which particular disorder caused this damage we are in doubt about. There is nothing improbable in the opinion that acute diseases like whooping-cough may affect the teeth. On the other hand, as we are constantly insisting, rickets, the disease of all others to affect teeth, is usually overlooked by mothers and by many physicians ; and so a mother might with perfect honesty say the child had had no disease, when it had had just the disease to destroy its teeth. There comes to mind at this moment the case of a lad whose mother told us the same story of some disease in infancy having destroyed his teeth, but neither she nor the family physician seemed to have recognized the rickets, which had left various traces behind besides the defective teeth.

### Is the Nurse's or Mother's Milk Poisonous?

*To the Editor of BABYHOOD :*

I read in February *BABYHOOD* of nurses’ milk (I suppose it means mothers’, too) sometimes being “too poor or so poisonous as to be useless.” I wish

to know the cause or causes of this, and how one can know it, so as not to injure the infant. J. McV.

*Genesee, Wis.*

The milk of a nurse or mother is rarely poisonous in the sense of producing any sudden illness. Rare cases of such effects have been reported in which the change in the milk followed fright, anger, or some violent emotion on the part of the mother or nurse. Milk usually disagrees by causing bowel-troubles, or more commonly by being too poor in quality, so that the child is not properly nourished, and after a while shows that it is not. Unfortunately, in this last, and the commonest, class of cases there is no sure way of judging except by constant observation of the child to see if it is thriving—*i.e.*, gradually gaining weight, however slowly, keeping its firmness of flesh, its color, etc., etc.

### Nursing During Pregnancy.

*To the Editor of BABYHOOD :*

If a mother is nursing her baby and discovers that she is again pregnant, ought she wean the baby immediately, or would it do any harm to continue nursing him for some time, if the milk does not appear to disagree with him, provided she feeds him besides ? If the milk does not make the baby sick, would it injure the mother or the other child if she continued nursing the baby ? If so, in what way ?

*Cincinnati, Ohio.*

A PUZZLED MOTHER.

It is usually much better to begin the weaning as soon as the pregnancy is known, for the milk is very much impaired in value, and it is the additional food, not the breast milk, that the baby really depends upon for his nourishment. It is not to be expected that the milk will “make the baby sick” in the sense of directly ill—although this sometimes occurs—but its results are seen later in his impaired state of health, these results being often considered mysterious, although they should not be. The effect on the mother and other child may not be so evident, perhaps not demonstrable at all as regards the child, but the strain upon the mother is unwarrantable, and but few women can remain undamaged by it.

### Bananas, Apples, and Oranges.

*To the Editor of BABYHOOD :*

Should a healthy boy twenty-two months old eat half a banana at a time, or *any* banana at all ? And if not, why not ? He has been given a quarter of an apple at once, and part of an orange, and sometimes grapes, with, of course, skins and seeds always removed. These three last fruits he has had for a number of months past.

*West Newton, Mass.*

G. W. S.

He should have no banana at all. Only the most accomplished masticator can do anything with the tenacious pulp. It is palatable, but

even for adult use it should be either very thinly sliced or scraped up. In our judgment it is a hazardous experiment to give this fruit to any child who is not at least five years of age. The apple is not advisable, but if you scrape the pulp very finely it may be given if constipation demands it, otherwise wait. The orange, carefully divested of seeds and of the fibrous part (best accomplished by cutting the orange across and feeding with a spoon what you wish to give the child), will probably do no harm; the grapes, perhaps, are also admissible if carefully prepared, but in hot weather they would better be omitted. A child of the age mentioned should not be allowed to feed itself with fruit.

### The Use of the Nursery Chair—Corn Cakes.

To the Editor of BABYHOOD:

1. How is Baby to be taught to tell his needs so that we can lay aside diapers? What is *the* way? Baby boy is nineteen months old, walks everywhere, and can say nearly everything. For example, I have put him on his chair after meals every day for over two weeks. Sometimes I keep him there nearly an hour. He sits contentedly enough, but without success, for the moment he is free to run around he runs right to one corner of the room and there does the very thing for which I had him sitting so long. Ought I to keep him there until I conquer him? I have had his chair since he was about a year of age. I thought then that I had him nearly trained, when suddenly he acquired an aversion to his chair, so that I have had no success with him at all since. Please tell me what to do.

2. I have read the article in the March No. of BABYHOOD on "The Feeding of Older Infants and Young Children," and was very much interested in it. Our baby is not one of those that "eat everything," but he *is* one that does not like either oatmeal or bread and milk. For a month or two we have been having corn-meal-cakes for breakfast, and he has eaten one medium-sized cake—sometimes more than that each time—with a cup of milk. This seems to agree with him, for his bowels are more regular than they were before we began using them. Occasionally we do not have the cakes. Then he seems disappointed, and looks from me to the table, and says, "Cake, cake." So I nearly always have them for him. He is very fond of macaroni soup, also of tapioca pudding. What do you think of these as "Baby's food"? J. N. D.

Canton, Ill.

1. A child as old and as intelligent as yours can be made to obey. You can take the choice between keeping him on the chair until he uses it, or of punishing him whenever he uses the floor for the chair, in some way so that he will clearly understand the reason of the punishment. Punishment need not be cruel or even corporal to have its effect, provided it certainly follows the offence.

2 The general objection to corn-meal as a food is the large amount of starch, which is not likely to be properly changed by chewing, with children at least, and the large amount of oil,

which is usually not easy of digestion. Further, as to the digestibility of corn-cakes in particular, to form a judgment, one should, to quote Mr. Weller, "know the lady as made 'em." We recall one cook who makes five or six varieties, each more delicious, and we fear also more indigestible, than its predecessor.

### Intervals of Feeding at Eight Months.

To the Editor of BABYHOOD:

I am in a serious quandary to know how to feed my Baby every three hours—as I am told I ought, he being eight months old—and yet not interfere with his naps. He sleeps from 9.30 A.M. to 12 M., and from 2.30 to 4 or 4.30 P.M. I give him his bottle before going to sleep and on awaking, and these, with the morning and night bottle, 6.30 A.M. and 7 P.M., make six a day. I am anxious to know how to reduce this number without shortening the naps. Can you help me out of my difficulty?

Ilion, N. Y.

B. R. P.

A child of six months or over, unless unusually delicate, will be better for only five feedings per day. Your child should go from three-and-a-half to four hours between feeding in the daytime, and have a long interval at night. Of course the quantity of food at each feeding will be somewhat increased. We would suggest the following hours: 5 and 9 A.M., 1, 5, and 9 P.M. This does not conflict with nap hours. A child of eight months ought easily to go from 9 P.M. to 5 A.M. without food. It may cost you a little trouble for a night or two, but the change should have been made earlier.

### Broken Sleep—Stiff Shoes—Summer Dress.

To the Editor of BABYHOOD:

(1) My baby-boy of eight months has a very bad habit I do not know how to break. After going to sleep in the approved way at half past six, he will wake four or five times before eleven o'clock, and then sleep nicely all night. We often find him crying in his sleep, or he will scream as if frightened. He seems perfectly well, very contented and happy through the day. He is a bottle-baby. We give him humanized milk made by Faichild & Foster's Peptogenic Milk-Powder. He has the bottle every three hours during the day and once at night, taking three pints in the twenty-four hours. He weighs twenty-five pounds and seems very strong. So I cannot account for this habit or tell how to change it.

(2) He is very anxious to get on his feet, climbing up by everything to stand. Is he too young and too heavy to try standing? He has worn soft-sole kid shoes; would it be best to put stiffer shoes on him?

(3) I should also like to ask how I shall dress this baby-boy in the summer so he will be warm enough and not too warm; he seems to feel the heat very much. Would a Canton flannel nightgown that has been worn this winter be too warm? Ought he to wear merino stockings, as he is doing now, or will cotton ones be better?

E. M. C.

Lebanon, Pa.

(1) The fact that he wakes frequently during certain hours only, strongly suggests (if it is, in-



deed, not pure habit) some disturbing cause operating only at that time. What that cause is of course we cannot tell; his alarm suggests pain from flatulence, indigestion, constipation, or, possibly, his gums—it being assumed that the usual noises of the household do not disturb him during the evening. The things suggested may give you clues to follow.

(2) Do not let him stand, if you can discourage him, until he is over a year old; he is very heavy. When he does walk nothing will be gained by stiff shoes, unless some distinct weakness of the ankles is recognized.

(3) A loose and ample garment, with shirt, napkins, and stockings under it, will be enough in hot weather. Cotton stockings have no particular advantage as to coolness over merino if the former are sufficiently stout to be of any use to a strong baby; so we think you will find the advantages on the side of the merino, all things considered. The Canton flannel will not be too warm, but woollen flannel is more porous and generally more comfortable. If night-drawers closed at the feet are used no other cover is needed in very hot weather.

#### Arsenical Colors—Amount of Urine Per Day.

To the Editor of BABYHOOD:

The perusal of some back numbers of BABYHOOD has turned my attention to the danger of arsenical poisoning, and I would be glad to have a little further information.

In the article referred to, "Arsenic in the Household" (June, 1886) maroons and browns are alluded to as among the more "dangerous colors."

(1) Although, as a rule, the delicate shades of color are seen in baby wear, yet not unfrequently the soiled little coat or wrapper is *dye'd*, when washing no longer seems to restore its freshness. I would like to know if there is any possible danger to a child when an *outer* garment is so treated, provided, of course, the garment is not put in Baby's mouth.

(2) Will BABYHOOD also please tell me how much urine a healthy child of two years should pass in twenty-four hours, when, in connection with other food, milk is taken to the extent of at least one and one-half pint? A. P. H.

Lake Valley, N. M.

(1) Any arsenical color is to be avoided. If wall-paper is sufficiently near to be injurious a coat would certainly be. But not all browns or maroons are arsenical by any means. The tests described in the article alluded to may be tried if there is doubt.

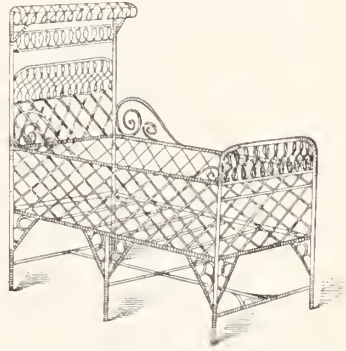
(2) The amount depends very much upon the amount of liquid exuded as perspiration, the two excretions having a correlation in disposing of the liquids of the body. Further, writers who have examined the subject and endeavored to make an estimate do not agree. The amount

per diem is probably less than a pint, and may be much less. The amount of solids in the urine is the main thing. As the amount of urine is large it is dilute, and the reverse.

#### Trimming Baby's Crib.

To the Editor of BABYHOOD:

I am a new subscriber and am already asking your advice and assistance in regard to Baby's crib. In order to get one large enough I was obliged to buy a rattan, like the enclosed illustration (it is



27 by 46). Now, I think it needs lining, but don't know how to do it.

Can you tell me what material would be pretty and inexpensive? How should the lining be made, and how fastened around the top? Should it be made in one piece cut in shape to extend over the scrolls, or should separate pieces be sewed on there, or scrolls left unlined? How should I make and fasten the curtains? Lined or unlined? How long? Straight or cut in a shape for the top? Plain or full? M. W. C.

Cleveland, Ohio.

The most inexpensive material that you can use for lining your crib is silesia, which runs a full yard in width and can be bought for about fifteen cents a yard. This must be covered with white dotted Swiss or cottage drapery, which entails a slight additional expense. Fit the lining smoothly to the inner sides of the crib, extending it at the head as far as the lattice-work runs. Fasten to the crib at top and bottom by means of strong cotton, with stitches that embrace the extreme end of the intersecting rattans. The Swiss to cover this, cut nearly twice the length to allow sufficient fulness, and gather in the top and bottom by means of cord, leaving a heading about an inch wide at the top, which will form a sufficiently pretty finish. Arrange the Swiss covering in separate pieces for the four sides, and leave the cord a trifle longer, so that it can be easily drawn to fit the sides, and as easily opened for washing purposes. The ends of these cords tied together at the corners



around the posts will form quite a secure means of fastening to the crib. They should be covered by bows of ribbon corresponding in color to the lining. For this purpose the cotton back satin ribbon, sold for ten and twelve cents a yard, will serve nicely. A little additional tacking will perhaps be necessary here and there along the top. The scroll-work may be left quite unornamented or drawn through with ribbon.

To arrange the curtains the crib ought to have a canopy-top. In lieu thereof fasten a horizontal rod of rattan or heavy wire, about eighteen or twenty inches long, securely to the centre of the head-piece in such a manner that it projects over the crib. From this drape the curtains, which should extend around the back of the crib and half-way down the sides. Make them of white Swiss over silesia, and long enough to just clear the floor when looped back with ribbon bows. They should be of moderate fulness. An edging of lace or self-ruffle will form a pretty finish.

Although we have answered pretty fully the questions asked, we wish again to express a doubt as to the wisdom of surrounding Baby's crib with needless drapery.

#### Susceptibility to Second Attacks of Disease.

To the Editor of BABYHOOD :

I have been told that a baby having a contagious disease while nursing will be liable to take it again. My little girl had the measles when ten months old. Do you think she would take them again if exposed?  
*Dorchester, Mass.* L. T. T.

There is no such rule. Children under six months are not very susceptible to measles or scarlet fever, and those under four months have very nearly an immunity from the latter disease. But a great many children have these diseases in the second half of the first year. It is true, also, that a good many persons have these diseases, especially scarlatina, more than once. All any one would be justified in saying is this : If a child has measles under six months of age it is likely—other things being equal—that the child is unusually susceptible. Such a person is, of course, more liable to second infection than another. In your child's case there is no ground for unusual anxiety.

#### Braces for Bow-Legs.

To the Editor of BABYHOOD :

Will you tell me of a reliable place where I can get a brace of some kind for my baby? He is fifteen months old, walked before a year old, and is strong and healthy ; has fourteen teeth, and has cut them all without the slightest disturbance of any kind, so I cannot attribute the bend in legs to weakness. He is not very fat, just a plump, nice baby for his

age. He is nursed, as well as fed on oatmeal and milk, sometimes a cup of beef-tea. There is, I think, a curve in the bone of the leg, or else the knees are weak. I have tried shoes with stiff heels, etc., but do not think they are of any use. Cannot you tell me what I had best do for him? I live near New York, so it would be easy for me to go there for the necessary appliance.

*Edgewater, N. Y.* AN ANXIOUS MOTHER.

There are many reliable instrument-makers in New York City. Among the best are Tie-mann & Co., 67 Chatham Street ; John Reynders & Co., 303 Fourth Avenue, corner Twenty-third Street ; P. H. Schmidt, Broadway and Thirty-fourth Street. We cannot, on your description, advise as to the instrument needed. If he really has bow-legs you can easily procure a proper brace.

#### Bethlehem Oatmeal.

To the Editor of BABYHOOD :

Will you please tell me where the Bethlehem oatmeal, mentioned by Dr. Starr in his article in the April number, may be procured? I am unable to find it in Boston. J. G. L.

*Newton, Mass.*

The Bethlehem oatmeal is manufactured by Jordan & Bros., 209 North Third Street, Philadelphia. From them it cannot be obtained in quantities less than fifty pounds. Small lots, however, can be procured from Mr. J. J. Ottinger, northwest corner Twentieth and Spruce Streets, Philadelphia.

#### Substituting Cotton for Merino Stockings—The Shirt next the Skin—The Use of Orange-Juice—Condensed Milk.

To the Editor of BABYHOOD :

Will you kindly advise me as to the following points? First, my baby, who is now ten months old, is perfectly healthy, and has two teeth, seems to be annoyed by the heavy merino stockings. Can I substitute cotton stockings, now that the weather is warmer? Secondly, he has from birth worn a knitted woollen shirt next his skin. Can I change to a lighter weight? If so, what kind would you advise? This woollen shirt seems to cause a rash to break out on him and causes him to fret. Thirdly, he is disposed to be constive. Can I, without disarranging his stomach or digestive organs, give him early in the morning about two teaspoonfuls of orange-juice? I have tried it several times and have had good results. Fourthly, also inform me as to what quantity of Eagle brand condensed milk, and what quantity of water to dilute it with, I should use.  
*Philadelphia, Pa.* G. P. C.

We note two points which are not consistent with the description "perfectly healthy"—*i.e.*, constipation and backward teething. Premising this, we answer :

(1) You can change the stockings, if you think the annoyance is really due to irritation of the skin by the merino.

(2) He can have a shirt of fine, smooth flannel, or you may put a fine linen one under his knitted one.

(3) Probably the juice will not do harm, but watch its effect upon his stomach.

(4) If you can get good, fresh milk you would better not use condensed. If you must use the latter, dilute it until it seems equal in strength to good, fresh milk, and then dilute this again according to table in the May number, page 198.

### Squeaking Carriage-Wheels.

To the Editor of BABYHOOD :

Is there anything better than common axle-grease for the wheels of a perambulator? For some reason it fails to work well in our case. The wheels become *clogged*, more so, apparently, in proportion to the quantity used. If very little is used they persist in squeaking. E. RACHE.

*Jersey City, N. J.*

Axle-grease is too coarse for use on the small axles of a baby-carriage, being made of animal fats; a mineral oil is the proper thing. Either ordinary "machine oil," which may be got, with a small oil-can, for ten cents at any hardware store, or sewing-machine oil, which you perhaps have already, will, if used a few drops at a time every two or three weeks, keep the carriage in prime running order. Of course the nut should be unscrewed from each axle and the wheel moved out. A well-oiled carriage will require not more than half the propelling power of a neglected one; and as to the noise, even if the propeller is indifferent, the wheels ought not to be permitted to squeak on the occupant's account.

### Acidity of the Stomach.

To the Editor of BABYHOOD :

My seven months-old boy was two weeks old the night of the terrible earthquake. He was a fine, healthy babe at birth, weighing nine-and-one-half pounds. After that shock my milk was almost dried up, and I had to feed him; but nothing seemed to agree with him—milk and water, peptonized milk, Carnrick's Food, all without success. He was troubled with constant indigestion, wind, acid stomach, and scarcely slept day or night. I called in a physician, but he did not cure him. Some friend wrote me of Mellin's Food. I began to use it, and found it agree with my baby better than any other food, but he is not entirely cured. He still has acid stomach, but not so much as before. He also sleeps better, but does not grow any stouter. He weighs only thirteen pounds, and seems bright and lively. What would you recommend for the acidity, or do you think he will outgrow it? He has no teeth yet, but I can see them plainly in his gums. J. M. F.

*Charleston, S. C.*

We do not believe in waiting for him to "outgrow" the acidity. We should much have pre-

ferred many more details before answering, but we give you the few hints we can on the information we have. The acidity can be met temporarily by the use of an alkali with food: lime-water if he is not constipated, bicarbonate of soda if he is. Farther, it is probable that the use of some syrup of hypophosphites would be beneficial to his nutrition. But please remember that this advice is based upon very imperfect data, and if he does not promptly improve he should have medical supervision. Indeed, with summer before you, you should have a little assistance any way.

### Varying the Food.

To the Editor of BABYHOOD :

Nature's supply being insufficient, I have given my seven-months-old baby the bottle of strained oatmeal, slightly sweetened, with one teaspoonful of cream to the bottle. I would like to ask, Would it be advisable to change food, or rather give a variety by substituting one bottle of diluted cow's milk? S. E. S.

*San Jose, Cal.*

You would better *not* vary the food, but give one kind continuously, if it agrees, until one year of age at least. Your mixture of oatmeal and cream we would like better if it had a certain quantity of milk in it. Add a little, increasing the quantity from time to time, and eventually let him have at least as much milk as gruel. We take it that your oatmeal is water-gruel.

### All Night without Food—Changing the Food for Summer—Goat's Milk.

To the Editor of BABYHOOD :

My baby is now eight months old, and cut her two first teeth a short time ago. She goes to bed at 6.30 and sleeps until 6 in the morning without rousing at all. (1) Is it too long for her to go without her bottle? (2) I give her two-thirds milk and one-third water, and feed her every three hours. She is in excellent health, although not a large child. Would it do to keep her on that diet during the summer? (3) Is there any advantage in using goat's milk if she should require a change of food?

*Philadelphia, Pa.*

F. M. A.

(1) It is not too long, but doubtless to her advantage, particularly as she gets five meals in the day. The night-rest is to the advantage of mother and child.

(2) If the mixture continues to agree it need not be changed until after the hot season.

(3) Goat's milk has been praised, but we doubt if it has any real advantages, all things considered, over properly prepared cow's milk. It will, however, be perfectly proper to try it, if it can be procured easily at the time change is demanded.

## Condensed Replies to Various Letters.

*C. L. D., Minneapolis, Minn.*—No doubt the shoe dealers "think you hold very 'cranky' notions upon the subject of shoes." That is a part of the difficulty of getting shoes rightly made: the dealers have always sold shoes that were not right, and they don't want to be troubled with new notions. The shoe you inquire about in particular is pretty good as such things go.

"*Parents.*"—Such cases are not so very rare. Ask your physician to examine carefully and see if circumcision, *with division of the prepuce*, will not, in his judgment, relieve the trouble. Other local causes to be looked for are seat-worms, acid urine with brick-dust deposits, irritation of the

parts by clothing, which may also lead to handling of the parts, causing increased congestion. Besides removal of any local irritation you may discover, some medicinal treatment may be found of assistance. Do not trust to "outgrowing" so long as you have any reasonable remedy to try.

*Mrs. H. S., Darlington, Md.*—The going barefooted of a young baby who cannot walk, and therefore will not be on the ground, is perfectly proper; or wide stockings may be put on if you wish him to play on the floor and kick freely. Here, however, as in many cases, the question of draughts determines the whole matter.

*G. A. O., Osego, Mich.*—The operation is by no means difficult, and any well-qualified general practitioner can do it.

## THE NEW OLD STORY.

BIRDLING in the nest,  
Filled with vague unrest,  
Longing dreams of cleaving upper air,  
Hear the mother-bird;  
List her warning word:  
Leave not all too soon her tender care!

Pipe thy pretty song  
Till the wings are strong.  
Why art thou so wilful to be free?  
Bide thee in the nest;  
Mother-love is best:  
Mother-heart shares joy or woe with thee.

Rain thou'lt find, and snow;  
Do not mothers know?  
Trail not thy soft plumage in the dust.  
'Tis not bright alway.  
Will thee nothing stay?  
Go, then, little truant, if thou must.

If that thou wilt fly,  
Seek the azure sky;  
Heed thee if the blue be overcast.—  
Children still will roam,  
Mothers in the home  
Tremble at the fury of the blast.  
*Cleveland, O.* —*Debbie H. Silver.*

## BABY'S WARDROBE.

## A Suggestion for the Fastening of Diapers.

THE regulation "pattern" of a diaper is twice the length of its own width. It is folded double and then three-cornered. Place it high up under the child; take two folds of the middle flap and draw it up between the legs; take next one side-flap and bring it well over the hips and thigh and down between the legs, and tuck it up smoothly under the back; the other side-flap likewise. It will now be seen that the diaper holds its place while you draw it sufficiently tight round the waist to prevent its slipping over the hips; bring up the remaining

two folds of the middle flap, and make all secure with a pin. Pin the side-pieces and middle flap together at each leg, and pin the diaper to the flannel shirt in front. (A piece of flannel about four inches long by three wide, sewn on to the inside of the shirt, will prevent its tearing.) A diaper put on according to this receipt never comes off, and never has unsightly "tags" hanging down. M. G. R.

*Geneva, N. Y.*

## An Effective Stocking-Supporter.

WHEN my boy was two years old I tried all sorts of garters and stocking-supporters that I had

ever heard of, but without satisfaction, so I set my wits to work upon the question, with this result: I sew a piece of tape across the top of the stocking as a stay for two small pieces of tape sewed on one each side the knee. When the stocking is put on, tie these tapes to two corresponding tapes suspended from one end of a short piece of elastic. To the other end of the elastic is sewed a piece of wide, strong tape, in which is made a button-hole. This is buttoned to a button on the waist. Or, if one should prefer, she could use the patent fastener here. Since using this arrangement I have never had the least trouble. The stockings sit nicely, do not hurt or get undone, and there are no holes to be mended.

E. M. B.

*Boston, Mass.*

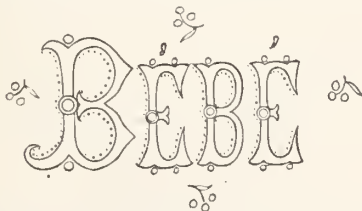
#### Shoulder-Blanket.

A LITTLE shoulder-blanket presents many advantages over the old-fashioned folded square which usually lies in clumsy wrinkles around a baby's short neck. Take one-half of a square of fine flannel; cut a slit of four inches in centre of longest side for the neck, and fold over upon the right side of the blanket a hem nearly an inch wide; catch this down with a feather-stitching of white silk; make a loose button-hole stitch around the edge, and to this crochet a narrow border of the silk; tie at the throat with white ribbon. The effect of this neatly fitting cape upon Baby is decidedly quaint and pretty.

M.

#### Baby's Pillow-Slip.

HEM-STITCHED pillow-slips are the prettiest and simplest for babies' use, but at the French importing houses where they are to be found they are very expensive. A duplicate of them can be made by taking a gentleman's linen hem-stitched handkerchief, size (inside the hem) of



the pillow to be covered, which must of course be square. Embroider across one corner, or in the centre, "Bébé" or Baby; hem a square of English nainsook to the wrong side of the handkerchief on three sides, just escaping the tiny holes; on the fourth side turn in a deep hem

(which must be allowed for in cutting the square) and make two button-holes opposite the buttons; set on the handkerchief. Whip a narrow lace edge on the hem, holding it full only at the corners—real Valenciennes is best. A very fine pillow-slip can be made of two sheer embroidered linen lawn handkerchiefs, size of pillow, including the hem, edged with deep lace, and tied together with rose-colored ribbons over a pink silk pillow.

*Newark, N. J.*

E. G. P.

#### Playing-Apron.

AN apron like the one we illustrate, made of gray linen, is an excellent protection for the little ones' dresses while at play, and the large pocket across the front forms a most convenient receptacle for jackstones, marbles, buttons, and the numberless other objects which serve as playthings. It is cut in one piece, carried quite around the skirt of the dress, and can be shaped after a well-fitting, deep collar around the neck to insure a good fit. It is closed at the back of the neck with buttons and button-holes, and at the back of the skirt by strings of the linen about two inches wide. Bind the neck and outside of apron and pocket with red woollen braid—which should be shrunk before using—and add a row of stitching all around as further ornamentation. The pocket is decorated in outline stitch with fancy vines and Kate Greenaway figures.



F.

#### Feeding-Bib with Pocket.

I WOULD like to tell the readers of BABYHOOD of an addition to a baby's bib which is especially adapted to children just learning to feed themselves. It consists of a plait about an inch in depth, which is folded upwards a few inches from the bottom, and this plait is stitched with the machine at each side to make a pocket in which to catch all crumbs or liquids.

*Udall, Kan.*

J. S. T.





## THE MOTHERS' PARLIAMENT.

### Wit and Wisdom of Childhood.

*To the Editor of* BABYHOOD :

I have just finished your May number at one sitting. I was especially moved by the editorial utterances in reference to "High-Chair Philosophy" and by the article concerning "Development of Speech." I may as well confess (doubtless to the horror of people like the critic who objects to any but adult philosophy) that I usually read the baby-talk first. And I am sensitive to sneers in reference to it. I dare say that any one interested in a bright child of his own, or in the bright children of his friends, can but thoroughly enjoy the sayings that evince the bent of the infant mind or that testify something as to the odd conceits that pass through it. And I dare almost believe that no one but the unfortunate who knows nothing of the beauty of baby-thought and the ludicrous conclusions of the baby reasoner, can find fault with a page devoted to collecting Baby's wit and wisdom. For it is often wit and often wisdom, whether so consciously or unconsciously. For instance, what could express the cause of success better than this from a little Syracuse girl not four years old, whose mother, astonished at a feat that seemed impossible to a child, exclaimed: "Jeannie, how could you do it?" "Why I just *tried and did it*," replied the little one. I am often inspired, before a hard task, at the thought of that saying since it was told me.

It seemed to me that my own child spoke a grave truth once, though not herself realizing it. When she was a little past four years, a poor woman in whom I had interested myself called for help, bringing with her a dirty boy with his clothing almost too loosely fastened for decency. My little girl eyed the gaping garments with silent disapproval, and, when the woman had gone, said: "Mamma, I'm sorry for poor folks, but even a poor woman could button up her boy's clothes." So she could, and, if the poor but knew it, the spirit of that remark might save much suffering to themselves.

Very little children are often exquisitely pa-

thetic and poetical in expression. And their arch, sharp manner as they say a witty thing is irresistible to the lover of children. I heard a child of three say one autumn morning, noticing the bright foliage on a small tree: "Mamma, see the poor baby tree out in the cold with a red face." And again at night when the wind sighed through the branches: "Poor trees! Hear them cry when the wind shakes them." At the grave of a man whom she knew to be of exemplary life, a child of four-and-a-half said: "This grave must be near to heaven or they wouldn't put *him* here," with a tender and gentle accent on the pronoun.

Children, only, speak perfectly honest and pure thoughts unspoiled by any effort toward effect, without thought before or after. Even if this were the chief charm it would be a powerful one.

G. A.

*Elmira, N. Y.*

*To the Editor of* BABYHOOD :

My husband and I were much amused and pleased with your little editorial notes concerning the "High-Chair Philosophy" department of BABYHOOD. Pray do not discontinue the department. Friends of mine often refer to it with delight, and my husband always turns to it the first thing, and chuckles over it till I beg him to share the good things with me. A gentleman, who reviews I hardly dare to say how many papers and magazines weekly, told me lately that he found clippings from that department "everywhere."

L. W. P.

*North Weymouth, Mass.*

### Success in Keeping Children Well through the Summer Months in Town.

*To the Editor of* BABYHOOD :

Having a large family of small children, and not being in a position last summer to take them to the country, as my habit had been, I resolved that, God helping me, and with the use of whatever common sense He had given me, I would keep my children in town all summer, and prove

that with care this could be done, when necessary, without detriment to the children's health. I am thankful to say that winter was reached without a doctor having entered the house, and in fact without the children having had an hour's illness.

I began my day by getting the children up at a little before seven o'clock, washing them thoroughly all over, but *not* giving them a bath, breakfasting at a quarter before eight—this meal consisting of plain boiled hominy or oatmeal and milk, a soft-boiled egg, and as much bread and butter and milk as they wanted. After breakfast a certain duty was attended to regularly, and then they marched off for a walk, continuing from half-past eight to half-past nine, on a shady side of the street, and returning before the heat of the day began. When they came home I generally took off their little dresses (even though thin) and let them play about the nursery until time for their dinner, which consisted of either a broiled steak or a piece of roast beef, sometimes a little chicken for a variety—this part of the dinner I was very particular to have cut up in what many mothers would consider ridiculously small pieces. Of course they had potatoes, very thoroughly crushed with a fork, and occasionally raw or cooked tomatoes. For dessert I gave them a little fruit when I could get it ripe enough and not *too* ripe; sometimes instead I gave them a plain baked custard, a junket, or some baked apples.

After dinner all under five were put to bed, dresses and little boots being taken off and the room darkened. They were left alone, with a door open into the next room, in which they knew either the nurse or I sat. They generally slept an hour and a half or two hours, getting up refreshed and ready for play; at half-past four they were dressed and went for a walk of an hour's length, coming in just in time for their supper, which consisted of plenty of milk, bread and butter, and sometimes a little stirred Indian meal, and occasionally as a great treat a boiled egg, if they had not had it for breakfast. After tea came their favorite twenty minutes with me, when I read to or played with them while nurse washed the tea-things. At half-past six I gave them a tepid bath, in which I let them play a little while after the real washing was over; this bath I found had always a most soothing effect. When I laid them in bed, even the baby of eighteen months, I simply darkened the room and left them alone as I had done in the day-time, they knowing that either the nurse or I was in the next room; in this way they never have had the slightest fear of the dark—in fact, it never seems

to have entered my children's heads that there is anything strange or weird in darkness.

Twice every week through the hottest weather, and once a week when it was not quite so hot, I took them to Manhattan Beach for an all-day trip, keeping up my regular rules for their diet and nap just as when they were at home. Directly after dinner I took them to the extreme western end of the hotel piazza, where it is perfectly quiet, very few persons even passing there; with the help of two large chairs and some shawls making a most comfortable bed, they slept, breathing that invigorating salt air, sometimes for two hours. By taking the 4.15 train we arrived home only ten minutes later than they were every other day for their suppers. Keeping strictly to these rules, my children remained well and happy, and I can say truly, *Te Deum laudamus.*

A MOTHER.

*New York City.*

#### How Some Babies Get Names.

*To the Editor of BABYHOOD:*

The article in BABYHOOD for May, entitled "What Not to Name the Baby" set me thinking, and I felt in one sense there is nothing in a name, in another sense there is a great deal. George Washington was great in spite of his name, as George Washington, the wood-sawyer, is one in spite of *his* great name. A Marshal Niel rose would smell as sweet though it were named Niel Marshal; but the "smellness" is greatly helped by the aid of a great and a musical name.

Now take the name of "Central Magnolia." One cold and dark and windy night in November, as a policeman was making the rounds on his "beat" in Brooklyn, and seeing that burglars were not breaking into houses and that the peace was not being broken, he heard the cry of a babe. "Well," thought the big, burly man of billet and buttons, "what's that? Another baby?" Walking in the direction of the cry out into a vacant lot, guided solely by the sound of the child's voice, he reaches a dark object, and, stooping, finds that it is a basket, and one that has in it a bundle, and out of that bundle comes that faint human cry! "What now?" said the policeman aloud. "Well, it's a kid; another one of those foundlings. Come along with me, you little 'runaway,' and I'll teach you how to run away from home like this, you little rascal!" And so this little babe, found by this policeman in the vacant lot, was taken to one of those places, a foundling hospital, where I saw it the other day. His little cry doesn't

sound so lonesome now as it did that night. It chimes in with the cries of a great many other babies, and now has plenty of company and a good, easy time. And this is "Central Magnolia." You remember that "Central" was found in a vacant lot. Well, that lot is near Central Avenue and Magnolia Street, and "they" just put the two together and thus easily got a name for our baby-hero. And this is the way most of these foundlings get their names. Sometimes they are found under some stoop, as was another foundling. The house to which the stoop belonged, under which this other babe was found, was owned by a gentleman named Edgar Roberts, so they named the little castaway "Edgar Roberts." This is "how some babies get names."

DAN MARSHALL YOUNG.

*New York.*

#### Another Diversion for the Bath-Hour.

*To the Editor of* BABYHOOD :

One of my children had the greatest aversion to water, beginning to bawl the moment she was placed in the tub, and continuing this musical strain until I was nearly distracted. One day, in a fit of desperation, I seized upon the first thing that presented itself, which was a large cork lying on the floor, and dropped it in the water. I suppose the baby thought it was alive, for she put out her hands trying to catch it, and really forgot to cry. After that I generally contrived to have a cork convenient at the bath-hour.

A. D. A.

*Morristown, N. J.*

#### The Magic of a Mother's Hand.

*To the Editor of* BABYHOOD :

What a baby can keenly enjoy is a good hand-rubbing, and a great many "tireds" and aches and attacks of disease we confidently believe we have charmed off the stage by rubbing Baby long and well. Nothing soothes a tired, sweaty, fretful, sleepy baby so quickly as to chafe the little limbs and body with your hand as you undress him.

Up and down the round, stretching legs and thighs, under the itching armpits and across the dainty shoulders ; then a good, firm rubbing up the sides and down the back, and a long, gentle chafing over the soft bowels and stomach. Sometimes children wake in the night with feverish restlessness, and how many times I have soothed mine by rubbing them thoroughly, especially down the spine and over the bowels ! Sometimes, when their flesh is hot and dry, I repeatedly dip my hand in tepid water having a bit of soda or

mustard in it, and then, without exposing the child by throwing back coverlets, I rub the little one from neck to toes, taking care to leave no part of him damp with water, until his flesh grows cool and moist and he falls into a sound, restful sleep.

Electric-brushes and flesh-brushes and chafing-cloths of coarse, rough netting are well enough, but I would give more for the warm, tender, loving mother-hand, though rough and parboiled with labor and suds it may be, than for all of them, with which to rub and chafe Baby.

CLARISSA POTTER.

*Madison, Me.*

#### Not Always Temper.

*To the Editor of* BABYHOOD :

I was very much interested in the article in the April number regarding temper in young children. My little boy was affected in the same manner at the early age of eighteen months. He would lose his breath, turn black in the face, and remain unconscious for some minutes, distressing me beyond description. The cold-water treatment was then adopted, but proved only a temporary remedy, as the attacks continued every day, and often from the least provocation. I was convinced that these symptoms did not proceed from temper alone, and thought it might indicate brain disturbance. I consulted a physician, who thought the brain became suddenly suffused with blood, causing this tendency to faint, and that in time it would pass away. It continued, however, until he was four years old, when I concluded to have his curls cut off on account of the warm weather. I never ceased to be thankful for the idea, as from that time the attacks stopped, and he is now a fine, healthy boy of ten years, with a well-shaped head containing an unusual amount of intelligence.

*Morristown, N. J.*

A. D. A.

#### Avoiding a Needless Shock to Baby's Nerves.

*To the Editor of* BABYHOOD :

I have always secured the bands on my babies with stitches, but I want to put in a plea for cutting the thread instead of breaking it. I know that my own baby, who never seems to mind the cutting of the thread, has been repeatedly startled when the thread has been broken. Not unfrequently this has led to a cry which has seemed to beget a crying mood for the rest of the bath. Even were such crying not the case, this daily nervous shock would surely be recommended by no one.

ELSIE ELLIS.

*Yokohama, Japan.*



## THE KINDERGARTEN AT HOME.—IX.

BY GRACE C. KEMPTON.

## WEAVING.

"Creation is the embodied thought of God."  
—Froebel.

PROCEEDING with the study of surfaces, we now take up weaving, an occupation which is closely connected with the square tablets described in the April number.

The material for weaving consists of paper mats cut from margin to margin into strips from one-half to one-eighth of an inch in width, and "fringes," which are marginless "mats," from which the strips are torn for use. Each strip is clamped into a metal needle, then woven into the mat.

The first step is to observe the materials. How particular this observation is made depends upon the age and advancement of the children. Advanced children may be led quite extensively into the comparison of the paper and the metal of the needle, may guess at the length of the needle, length of the mats, the width of the strips, etc. They may compare the construction of the needle with that of other needles, the glazed, colored surface of the mats with the uncolored surface.

The first weaving lesson is to draw the strip (of a contrasted color) *under the margin always*,

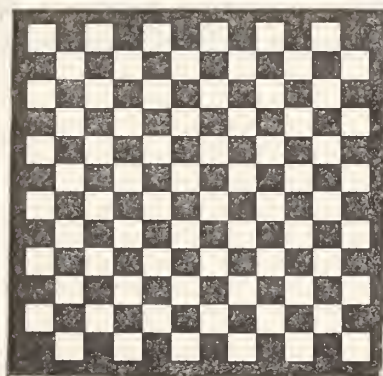


FIG. A.

then over one, under one, to the opposite margin, which it again goes under. The next strip starts in the opposite manner: under one, over one, under one, and so on (Fig. A).

When the mat is filled, if the margin has been properly regarded (kept merely as a frame), the

ends of the strips will lie side by side under it, and the frame may be neatly glued to them, then the ends trimmed off.

After "over one and under one" is clearly understood, with the opposite direction for every other strip, "over two and under two" should be directed, then over three, and so on, as far as seems advisable. The next step is over one,

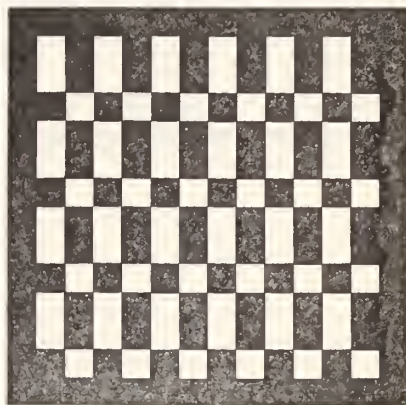


FIG. B.

under two, and its opposite for the second strip —i.e., under one and over two (Fig. B).

Then over three and under three for the first strip, over one and under one for the second, etc., which will form little boxes or windows upon the mat (Fig. C). Under three and over one, second strip to be over one and under one, forms a mat of crosses (Fig. D).

Each mat is duly discussed; the relative measurements of the different colors show the formation of the pattern, etc. Each set of directions should be followed by the opposite set, as in the two following mats:

Fig. E.—Under five, over two, under five.

Under three, over two, under two, over two, under three.

Under two, over two, under four, over two, under two.

Under one, over two, under two, over two, under two, over two, under one.

Over two, under two, over one, under two, over one, under two, over two.

Over one, under two, over one, under four, over one, under two, over one.



Over one, under two, over one, under four,  
over one, under two, over one.

Over two, under two, over one, under two,  
over one, under two, over two.

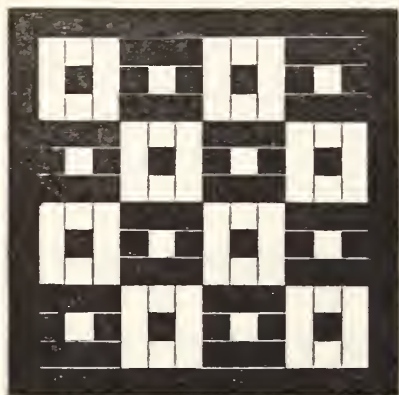


FIG. C.

Under one, over two, under two, over two,  
under two, over two, under one.

Under two, over two, under four, over two,  
under two.

Under three, over two, under two, over two,  
under three.

Under five, over two, under five.

The opposite to Fig. E would be as follows :

Over five, under two, over five.

Over three, under two, over two, under two,  
over three.

Over two, under two, over four, under two,  
over two.

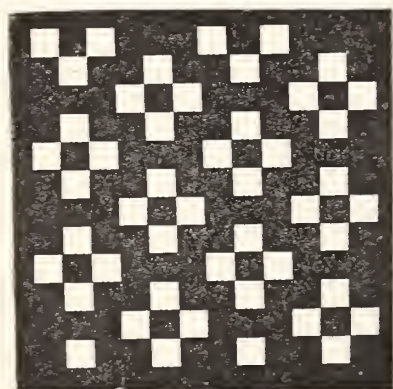


FIG. D.

Over one, under two, over two, under two,  
over two, under two, over one.

Under two, over two, under one, over two,  
under one, over two, under two.

Under one, over two, under one, over four,  
under one, over two, under one.

Under one, over two, under one, over four,  
under one, over two, under one.

Under two, over two, under one, over two,  
under one, over two, under two.

Over one, under two, over two, under two,  
over two, under two, over one.

Over two, under two, over four, under two,  
over two.

Over three, under two, over two, under two,  
over three.

Over five, under two, over five.

Series of diagonals are pretty and useful—  
diagonal lines pointing down to the left, down  
to the right, and their opposites.

There are hundreds of directions which may  
be given, and almost unlimited capacity for  
design. Later numbers will contain directions  
for other designs.

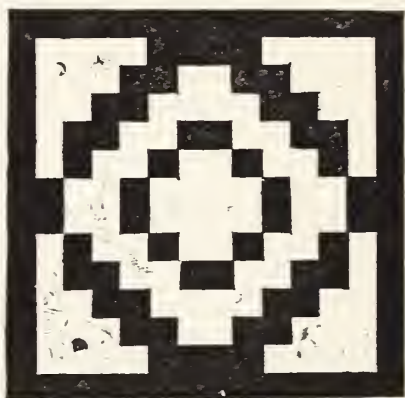


FIG. E.

Let the work be done entirely by direction,  
unless it is designing. Often call upon your  
child to direct the next strip, which will show  
you how much comprehension he has of the  
work he is doing. Do not forget the opportuni-  
ties these pretty works make of cultivating the  
moral nature, by influencing the child to give  
away the result, when neatly finished, to some  
one to whom it will give pleasure.

### THE NINTH GIFT.

As the sticks represent the edges of planes  
and cubes, so the metallic rings of the ninth gift  
represent the circular edge of the cylinder.

We have now a new element in design, while,  
in combination with the sticks or planes, a still  
greater variety of the forms of beauty may be  
produced. This gift contains rings of different  
sizes, also half-rings, which add very much to

the possibilities before the little workman. The rings are plainly connected with the first and second gifts through the ball and cylinder, whose circular forms they represent in outline. Similar



FIG. 1.

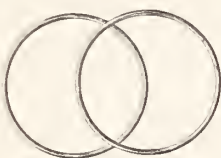


FIG. 2.

material has been met only once before—in the metallic weaving-needle. The dark, hard, and cold surface may be noticed as the same in the rings and the needle, but the difference in the



FIG. 3.



FIG. 4.



FIG. 5.

use for which they are intended makes the rings much less pliable. The rings will not bend, as will the needle.

Let the first lesson be devoted especially to the observation of the points of contrast and connection of this gift with those which have preceded. As the child advances initiate him into the sources and uses of materials. Lead him gradually to appreciate the skill and labor which are necessarily exercised to obtain and put them into form ready for use.



FIG. 6.

Let the relative positions of two rings be observed. They may be placed one behind the other, touching; one beside the other, touching. Let it be noticed that perfect circles can touch one another only by a point. They may be placed

one overlapping the other from behind, one overlapping the other from the side, as in Figs. 1, 2. Two rings of different sizes may be compared and placed in the same relative positions as the above. Then a larger one may be added, until the child has one ring of each size before



FIG. 7.

him, when he may place them by their sizes, as in Fig. 3.

Next a half-ring is given to the child. With hand and eye he is led to observe its *two* ends. Of which circle is it a half? Let him see how many relative positions he can discover with one half and one whole ring. Let him discover rela-

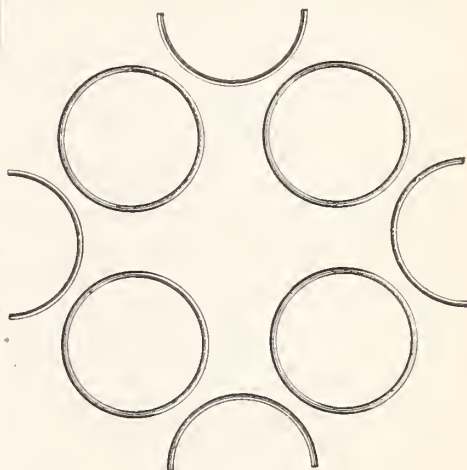


FIG. 8.

tive positions possible to two half-rings, as in Figs. 4, 5, 6, 7.

From these simple studies in position he proceeds to laying forms of beauty, either from direction or design. Fig. 8 is an illustration of what



FIG. 9.

may be made from four rings and four half-rings. Fig. 9 is formed of half-rings in three sizes.

Any pretty design that you may wish to preserve can be laid upon cardboard and the rings and half-rings secured with thread.

## HIGH-CHAIR PHILOSOPHY.

—A little New-Yorker, four years old, walking in the country last summer, complained to her mother of a very rocky road. "Mamma, I don't like this walk; it's too *stuttery*."

The same little girl, at the dinner table one day, asked to taste a piece of pickle, and, when she had eaten it, made a face and said: "I don't like it; it *dazzles* my tongue."—*Mrs. G. J. B., Savannah, Ga.*

—Alice, three years old, has seen her brother's velocipede oiled because it squeaked. A few days ago she was surprised at the noise her teeth made, and said to her auntie: "I dess my teef will have to be dreased, 'cause they squeak!"—*M. C. H.*

—I have a niece, a bright, logical little maiden, aged four, brown-eyed, golden-haired, with a complexion like a flower, and a most lovable mouth, full of varying expression. "Carrie," I asked her, "where *did* you get such a big mouth?" The flexible curves drew close as she thought a moment. "Well," she answered, "my mouth is piece of me, and *I'm* big, so my mouth is big."

Her little cousin, of the same age, asked: "How will we get into Dod's heaven? Will we open a door in the clouds?" "Why, I know," was the response: "we will doe up to heaven and knock bam-bam-bam, and Dod will turn the handle and open the door, and we will walk in, and Dod will say: 'Why, how! ou tum to heaven *too*?' And I will say: 'Es, Dod; don't ou know eyey night in my pwayers I say, Take me to heaven?' And Dod will say: 'Tourse I does, my baby—tourse I does.'" And the little voice took a tender tone that showed how truly she felt our Father's fatherhood.

Once her mother reproved her for pulling the legs off a fly, which then lay helpless on the sill of the open window. "Well," she argued, "Dod is wight up there in the sky, and that fy can fy up there and ask Him to give it new legs."

I said to her: "Carrie, you should not run against mamma; you did not look where she was going." Her instant answer was: "Es, I looked where *she* was going, but not where *I* was going," which was quite true.—*M. W. F., Louisville, Ky.*

—Our little Sam, two-and-a-half years old, has a fully developed corn on his little toe. One day, when I was urging him to allow me to remove the hard centre, he resisted and argued with me until I had got out my sharp knife; and then, seeing it was inevitable, he said: "Mamma, if I will let you take it, may Louis *pop* it?"

His elder sister had been reproved for running up-stairs and through the upper hall in her heavy school-boots. I finally told her, in his hearing, that if it continued I must "punish" her. In a few minutes Sam came racing into my sewing-room, exclaiming: "I did run through the hall; are you going to *punch* me?"—*L. A. C., Newtonville, Mass.*

—A little man not quite two years of age was given a book of the "Three Little Kittens," which was a source of great enjoyment to him, and he learned the story without our realizing it—for one day his auntie, whom he calls "Ty," was arranging a pot of ivy in the bay-window, when accidentally it fell, and of course was dashed to pieces; he immediately scrambled into the big chair which was just behind her, and, leaning over the arm of it, said: "Ty boke bowl! no pie!"—*M. N. L., Berkeley, Cal.*

—Our small boy of two years, returning from a visit to his grandmother, astonished his mamma by a loud outcry when she left him as usual to go to sleep alone. Going back to him in some alarm, she was met by the reassuring explanation: "If I can only scream long enough, grandma'll rock me."

The other day—he is now three years old—he was much edified by a pair of twins who called upon him. That evening, on his expressing a wish to say his prayers, he was taught the Lord's Prayer. "Is God a man?" he began in his usual remorseless style of interrogation. "No," was the answer. "But it *says* 'a-man,'" he persisted. "Amen," was the gentle correction, which elicited the startling query: "Why, mamma, is God *twins*?"

Having exhausted, on another occasion, every argument in favor of his going out to shovel snow in a driving, freezing storm, he was heard to murmur to himself: "It is so *piti'ful* to see poor grandpa out there all alone."—*C. H. L., Hingham, Mass.*

—Johnny and Ruth were watching a blackbird feeding her young. "Isn't the old mother kind?" said Johnny. "How do you know she is an old mother?" replied the little four year-old; "perhaps she is a young lady."—*N. S., Cincinnati.*

—My little Gracie, five years of age, who has imbibed some notions of natural history from her older brother, was catechized by him as to what kind of animal she would like to be if she had to choose. He professed preference for a horse "And I," she exclaimed with great seriousness, "would rather be people than any other kind of animal."—*O. S. G., New York.*

—When my Frank was three years old he came to me one day with a wondering look and a puzzling question: "What kind of a cake is stomach-ache?" (He had had that kind of a cake.)

My little lassie sometimes helps Nora shell the peas, but she "can't unbutton de hard ones."

A friend of ours very frequently uses the slang expression "broke me all up." My little girl had never heard it until the other evening. She looked very worried for quite awhile, when, with rather a tearful expression, she inquired: "Mamma, can Mr. E— get himself *mended* aden?"—*M. C. H., Cranford, N. J.*

—A little nephew, lacking a few weeks of being three years old, spent four days of the beautiful Eastertide at the seashore with an auntie. On his return home his mother asked him what he saw at the seashore. His answer was: "Lots of water, but no soap."—*E. B. P., East Orange, N. J.*

—Little Herbert has been in the habit of responding with a devout "Amen" to the grace invoked at the table. The other day he astonished his parents by responding, with all his customary reverence, "*A Woman*!" adding gravely, "I isn't going to say *Amen* any more now; I dravver say *A woman*."—*L. W. P., North Weymouth, Mass.*

—Our little three-year-old seeing a child older than herself looking in at the garden gate, ran to her in a most friendly manner. "What is oo name?" she asked several times, without an answer. "Where do oo lib?" with the same success. The child then slowly walked away, when the little one called after her, "Dib my lub to zoo mamma, oo toopid."—*Chelsea, Mass.*

# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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VOL. III.

NEW YORK, JULY, 1887.

No. 32.

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MANY parents are asking themselves the question, "Where shall we take the children during this warm spell?" There are several important things to be considered in this connection, which have been set forth in the articles upon "The Mountains" and "Sea-side Resorts for Children" in this number of **BABYHOOD**. Of late years there has been a growing tendency, in the case of families where there are a number of children, in favor of renting furnished or unfurnished houses in some out-of-the-way place apart from the haunts of the fashionable world, and keeping house as simply and with as little care as possible. This plan has many advantages and is to be commended, provided the surroundings, etc., be considered from a sanitary standpoint. Change and relaxation are, after all, what are most needed, and to this end crockery and furniture which at home seem a necessity should here be dispensed with as much as possible, that the cares of housekeeping may be reduced to a minimum. By this arrangement the mother will have more time to devote to the care of the children and to assist them in their play, from which she will derive as much benefit as will the children themselves.

For those parents who cannot leave home longer than for day-trips, and who feel that the lives of their children depend upon their getting away promptly, it has been suggested that there be established a home in the country, either in the mountains or at the sea-shore, under the care of a competent and conscientious physician. A sanatorium of

this nature, within easy reach of the large cities, should be thoroughly equipped with trained nurses, and with everything adapted to the proper care of children who are weakly and ill. The establishment of such a sanatorium, to which mothers could go without delay, seems inevitable, and it is unfortunate that it should have been postponed so long.

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An inhabitant of a well-known summer resort recently said within our hearing :

"We really look for the average summer boarder with dread. Each family brings from two to four children, and these are turned loose upon us, with no tie to bind them to their boarding-place and their mother but a periodic desire for food. This even does not always take them home, for they know when our summer apples are ripe sooner than we do ourselves, and one of my neighbors complains that, though her currant-bushes are loaded each year, she never has any currants to use. They even urge our children to bring them out delicacies from the house unknown to the parents. We seek redress from the mothers, and one says sweetly : 'O Mrs. B., I never trouble myself about what my children are doing ; I never know where they are.' And another is quite angry with us for suggesting that her children are not perfect."

Now, this is not likely to be the only town where the summer boarder holds a reign of terror through the hot months. We remember hearing of a case on the island of Nantucket some years ago, where the inhabitants grew so desperate at the misdeeds of a boy boarder that they arrested, tried, and convicted him, and sentenced him to banishment, the sentence being executed by the next steamer that left the island.

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There may be two explanations for this painful state of affairs. One is the sort of lawlessness produced by being among stran-



gers. Another, and really the more important cause, is the separation of parents and children in their interests and pursuits. If the mothers who frequent summer resorts with their children, instead of burying themselves in the last new novel or lying lazily in hammocks under the trees, would put on their stout walking-shoes and their dresses that can stand brambles and mud, and explore the highways and byways, the woods, fields, and ponds, with the children, these troubles would be greatly lessened. If the weather is too hot for rambles, a quiet hour or two of reading with or to the children, under the trees, would give both entertainment and rest. Some regular occupation for an hour or two a day, even in vacation, makes the hours of perfect freedom all the more enjoyable, and goes far to moderate a spirit of lawlessness.

In reading the various cautions as well as the information regarding possible dangers that BABYHOOD feels obliged to give its readers, they may wonder whether it is worth while to try to avoid the many sources of disease, or, on the other hand, they may accept the guardianship of their children's health with so great anxiety as to be in continual discomfort. The wise course lies between. In any sphere increase of knowledge increases consciousness of dangers, but it should equally augment the power to deal with them. The shipmaster ought to be not less but more comfortable because he has a faithful chart of the dangers of the coast he is approaching, and because he carefully superintends the soundings and the vigilance of the men on watch. It has always been a jest in medical schools that the second-year students were subject to certain ailments, notably heart affections, which they subsequently recovered from. The point of the jest, of course, is that after a year or two of study they became conscious of their own symptoms, and had not yet learned to give them their proper value by wider knowledge. So all that BABYHOOD gives its readers as to the dangers, for instance, in bad hygienic surroundings should be accepted, not as

ground for worry, but simply for systematic, not fussy, watchfulness. Ignorance is not bliss in those cases. The danger is not lessened by non-recognition, but it is immensely diminished by a little daily care. Let this care be one of the daily duties, and a few minutes will suffice for all that need be done. Then the parent ought to rest in the consciousness that all within his or her power has been done. Perfect safety is given to no mortal, but when the best possible has been done to gain security the result should be awaited with reasonable assurance. Nervous apprehensiveness is only mischievous; it removes no danger, it perplexes and exhausts.

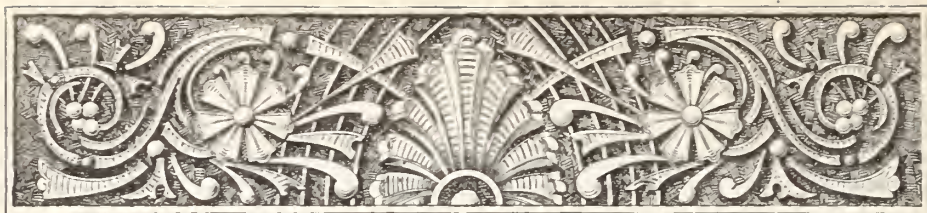
In this connection we may allude to a paragraph which, originally appearing in the London *Lancet*, has been copied into medical journals and the daily papers, and which is calculated to excite alarm. It relates to the necessity, as the writer holds, of boiling all milk before consuming it, in order to destroy the germs of contagious diseases which may be in it, particularly those of scarlatina, or of a disease of the cow which produces scarlatina in the human subject. As to the possibility of milk conveying disease there is no doubt; as to the frequency of such an occurrence there is a good deal of question. Take the particular disease, scarlatina. We presume the experience of other cities is not unlike that of New York, which is, that in the winter or cold season the disease usually prevails, and sometimes to the degree of a violent epidemic; in the summer, on the contrary, it falls off remarkably. The milk-consumption of the city also falls off somewhat in the summer, but by no means to a corresponding extent. Hence we infer that the number of cases of scarlatina or scarlatinal sore throats induced by milk-supply must be relatively small, unless one is to believe that the disorder of the kine that produces it is also a winter disease. Be this as it may, the conclusion to be drawn is not the hasty one that milk is a dangerous and disease-breeding food, but rather that it is the most valuable food of childhood, which may occasionally become contaminated, and

which can probably always be rendered safe by the simple expedient of cooking (boiling) it. Boiled milk is unpalatable to many persons, but if boiled and then thoroughly chilled before using it is far less so and can be again warmed as needed for use. If, however, boiled milk be found, after careful observation, to disarrange the digestion, or produce constipation, etc.—which it less frequently does than is generally supposed—it will then be a question to be calmly considered whether an ever-present minor ailment may not outweigh in importance the possibility of contracting a serious disease.

Rarely does so pathetic an occurrence take place as the death of the little German girl, Lena Zorn, the account of whose wanderings from home filled the newspapers of this city last month, and enlisted the anxiety and sympathy of multitudes of parents, who watched the reports from day to day with intense interest and suspense until the body was found. There are few things in life which draw so deeply upon the sympathies of men and women as the pondering upon the probable sufferings of a lost or kidnapped child old enough to appreciate the fact and be terrified by it, but not old enough to know what to do. Very pitiful was the story of little Lena, separated from her companions at a picnic in the upper part of the island, for an aimless ramble in the woods, and many are the theories as to her probable route and the time spent until, lost in a bog and with an ankle broken, she apparently gave up in despair. Probably no one but the child's own parents can really form any conception of the terrors of grief in such a case, and the united sympathy of unknown tens of thousands cannot bring the little one back. Yet it is only by such experiences of others that we learn to guard against them ourselves. Doubtless the wide publicity given to the kidnapping of Charley Ross years ago prevented many repetitions of the crime by causing greater watchfulness, and we can well imagine that a vast number of little ones in and around this city will have greater safeguards thrown around them now

than they would have had but for this recent sad story. Very little children can be taught systematically how to inquire for home, and can have their names and addresses indelibly marked in prominent parts of their clothing and inside their hats.

Tyrotaxicon is a word not very well known in these parts, but the *Herald* of this city has cheerfully wrestled with it with quite promising results, coming near enough to victory to call it "tyrotaxicon" in a quarter-column article detailing how nineteen persons in the upper part of the town were afflicted with symptoms of poisoning, which were traced, after careful investigation, to the milk served by one milkman; this milk, being duly interrogated, was adjudged guilty of containing "tyrotaxicon," and all those who had partaken of it were said to have had narrow escapes. But the mother-tongue need not feel discouraged, for it might have gone further than the *Herald* and fared worse. The word was first brought into prominence a few months ago by the Michigan Board of Health, and, excepting for the additional publicity given it at that time by *BABYHOOD*, it has not been much used. It is to be hoped there will be little more occasion for its appearance, but meanwhile it may be well to remember that tyrotaxicon is a minute fungus growth in milk and cheese, invisible to the naked eye, and resulting from causes so obscure in the present state of our knowledge that it is liable to surprise us at any step, in spite of intelligent precautions. It will do no harm to repeat here at least one of the possible conditions of its growth as stated in the Michigan report—viz., that a little dried milk formed along the seam of a tin pail, or in a nursing bottle or tube, or any similar lodging-place, may be the starting-point of its generation. It is due to the milkman above mentioned to state that he had had a good record, and the accident, whatever it was, might have occurred with any one else or in milk from any other dairy; all of which enforces the importance of the greatest care in every detail of milk-handling.



## THE MOUNTAINS.

BY JOHN DORNING, M.D.,

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"THANKS be to God for the mountains!" were the words we saw chiselled on a huge rock on the summit of "White Face," one of the stately old peaks of the Adirondacks. We repeated the line and added a hearty "Amen."

Whether well or out of health, the lowlander benefits by going to the mountains, while the mountaineer usually loses something by forsaking his native heights. Now, why are the mountains any more salubrious than the low levels? In the first place, the air is purer. The importance of this need scarcely be mentioned. Many of our ailments are directly or indirectly attributable to the bad air we breathe. The higher the altitude the greater the freedom from floating matter, bacteric, gaseous and otherwise, so plentiful at the coast-level. The air of snowy summits may be regarded as perfectly free from suspended particles and hence absolutely pure: this accounts not only for the coolness and clearness always noticed, but for that wonderful azure tint overhead into which—for there the sky does not seem distant and solid—the traveller gazes, for the first time, with such rapturous admiration. The dryness and rarefied state of the air add to the healthfulness of the mountains. The proportion of oxygen, nitrogen, and carbonic acid are the same at high altitudes as at the sea-level. At the height of six thousand feet, for instance, the pressure of the air column is diminished one-fifth, and a given space of air will, of course, contain one-fifth less of oxygen: therefore the lungs must inspire one fifth more of air to get the same

amount of oxygen. To accomplish this there is a greater activity in breathing, which causes a stimulated circulation and an increased assimilation, with an invigoration of the whole body.

The comparative equability of temperature is another favorable feature of high elevations: and a fourth is the purity of the water.

There are in addition other factors which contribute to the salubrity of a mountain climate, varying, of course, at different altitudes and in different localities, as porosity of soil, an abundance of sunlight, pine odors, frequent changes in the electric state of the atmosphere, etc. These electric changes are dependent upon storms. One of the products of active atmospheric electricity is ozone, otherwise known as "oxygen struck by lightning," "electrified oxygen." Ozone is a powerful oxidizing disinfectant, and, as such, probably serves to keep the air free from germs through its power of resolving all animal and vegetable putrescent matter into primitive and harmless forms.

### Caution Concerning Malaria.

While it is usual to find the excellent qualities we have mentioned—remembering, of course, that they vary with the altitude—still now and then we cannot fail to note an exception to the rule. All mountain resorts do not possess the much-to-be-desired immunity from malaria, notwithstanding the bold asseverations of hotel proprietors to the contrary. The miasm may arise from a pool of

stagnant water, the bed of a stream that has been dried up by the summer heat, or a piece of marshy ground lower down on the mountain. Malarial poison can be carried by the winds to great distances. For example, a few years ago we observed that along a certain part of the Delaware River where malarial fever prevailed, not only those who lived along the shore were affected, but also people residing on very high ground at a distance of a mile-and-a-half from the river. Land breezes have carried the miasm to sailors on vessels a mile distant from a malarious shore. However, an altitude of nineteen hundred feet may be considered tolerably safe from malarial infection.

#### **The Water.**

Occasionally there is a departure from the rule in regard to pure water. For instance, the water used in two hotels in the mountains of Northern New York is drawn from a lake into which is emptied their sewage and that of two boarding-houses. The well of the boarding or farm house is often in dangerous proximity to the barn-yard or sinks. Such water can hardly escape pollution, and may be the means of conveying some, perhaps a serious, malady to those who drink it. A pure water is of prime hygienic importance. The source of the drinking-water should, therefore, be one of the first things to be investigated in taking up an abode in any locality. Children, in their unbounded enjoyment of the freedom of the green fields and hills, exercise a great deal and consequently drink a large quantity of water; and water that may not be sufficiently tainted to produce any noticeable effect in a grown person may cause not a little intestinal derangement or constitutional disturbance in them. While thoroughly boiling the water would no doubt obviate any trouble in this direction, still a better remedy would be a removal to a more desirable locality. If the water be obtained from a clear running spring or a well that is situated at some distance from, and on higher ground than, any possible source of contamination, nothing need be feared.

#### **Who Should Go to the Mountains?**

While almost every one will derive some good from a stay in the mountains, yet there are some for whom the climate seems to be particularly adapted. With a few exceptions those who live during the greater part of the year near the sea-coast improve in the mountains. On the other hand, residents of the interior appear to do better by a trip to the sea-shore. In certain cases of heart-trouble the stimulus of the rarefied air is sometimes too much for this organ and its auxiliaries, and not infrequently is productive of so much suffering that the individual has to be removed to a lower altitude. Children as well as adults may be the subjects of heart-disease, either congenital or acquired. Although this may seem strange to the laity, it is nevertheless true. An attack of scarlatina, diphtheria, or rheumatism may leave the little patient with a crippled heart. Rheumatism in children is frequently overlooked; the so-called growing-pains, for which medical advice is never sought, are very often nothing less than rheumatic manifestations. We mention this merely in explanation of why children's hearts are affected. A child that has any heart-difficulty should not be taken to a very high altitude without the sanction of the family physician.

#### **Benefits in Certain Ailments.**

The mountains offer special advantages to children who are the offspring of consumptive families, whether they have developed any pulmonary trouble or not. The best treatment for lung-difficulties is, of course, their prevention. As has been previously remarked, the tenuity of the atmosphere causes an increased activity in breathing; this produces a greater expansibility of the lungs, with a proportionate development of the respiratory muscles, a more vigorous circulation, and a better nutrition of the body. In some regions, like that of the northern Adirondacks, owing to the presence of extensive pine-forests, the air is impregnated with terebinthine odors, which seem to have a beneficial effect on the respiratory organs.



Children affected with "malaria" \* will recover more rapidly and find a greater security from a recurrence of their ailment on a high elevation than anywhere else, it being remembered, of course, what has already been said on this subject as to selecting a locality. Over fatigue will sometimes bring on an attack of "malaria" in one who has recently recovered from the malady, even though the individual may be at the time in a mountainous district that is perfectly free from the miasm. This should be considered before too hastily condemning a place that, with a proper observance of the laws of health, may possess many of the excellent features of an ideal climate.

Because of the invigorating influence of fresh air, cases (even apparently hopeless ones) of summer diarrhœa speedily recover when removed to an elevated part of the country.

#### Clothing.

Mountain weather is seldom unpleasantly warm; the nights are always either cool or cold, and there is generally a heavy dew. In keeping the little ones covered at night as much care is necessary as during the colder months at home. Light woollen underwear is never uncomfortable. Thick clothing should not be omitted when packing the children's wardrobe. Neglect of this will necessitate a stay indoors during every cool snap, thus depriving the children of the benefits of open-air exercise.

#### Food.

In the way of food, localities differ. We all know that poor food adds neither to the popularity nor healthfulness of a summer resort. First-class mountain hotels are supplied with everything in season. The fare of the boarding-house depends upon the intelligence, resources, and generosity of the proprietor. There is ordinarily an abun-

dance of good milk and plenty of fresh eggs, both of which are quite essential to the welfare of children.

Native fruit, with the exception of berries, is not over-plentiful and is late in ripening. One drawback to some healthful and charming places is the too prevalent use of canned vegetables. This is rendered necessary by the lateness of vegetation. Of course one can get along very well with this class of food, "but we do not hanker after it." As we heard the little cherub who sat at our table last summer say to his companion, after tasting some canned tomatoes that were placed before him: "Here, Billy, you eat dat. I det plenty ob dat at home in de winter-time." Although, perhaps, not aware that fresh vegetables were in any way preferable to those kept in cans for a year or two, still the latter did not strike him as being exactly the proper article for a table in the country.

#### Precautions to be Observed.

As a rule children are quite exempt from sickness in the mountains. Contagious diseases are very rare. When a case does appear it is because the contagion has been carried by a child or adult who has but recently recovered from the disease, or by one who goes to the mountains between the time of contraction of the malady and the period of its development. From lack of precaution in clothing during a cool spell, or from getting the feet wet with the dew, a child can very readily contract a cold that may more than counterbalance any good that might otherwise be obtained from the trip to the mountains. An occasional bruise, now and then a little derangement of the bowels caused by eating unripe fruit or other indigestible substance, and once in a while poisoning by some plant, about comprise the principal ailments met with.

#### The Medicine-Chest.

As drug-stores are few and far between, it will be well to be provided with a few simple remedies, even though there should never be any occasion for their use. A three-ounce bottle of castor-oil or four ounces of

\* "Malaria" is here used in the popular sense. It really means the peculiar poisonous emanation from swamps, marshes, and similar places that produces ague and kindred fevers. Of late years it has been mistakenly used to signify the diseases resulting from it, by the same figure of speech that describes a man with a scalp-wound as suffering from a brick-bat. It is also the fashion to attribute all results of careless living, eating, and drinking, including "biliousness," to "malaria."

aromatic syrup of rhubarb, two ounces of syrup of ipecac, one ounce of essence of peppermint or ginger, two ounces of spirits of camphor, one ounce of sweet spirits of nitre, three ounces of tincture of arnica, an ounce of bicarbonate of soda, a flask of good brandy, a small vial of smelling-salts, a box of mustard (to be mixed with flour or meal in making mustard-plasters), some adhesive

plaster, a bottle of vaseline, and a package of old muslin, together with such other articles as individual peculiarities may demand, will make an available medicine-chest for the mother's use. Each bottle should have a label denoting the contents, dose, and for what purposes to be used. If a doctor can be had it is, of course, best to consult him, no matter how apparently slight the ailment.



## SEA-SIDE RESORTS FOR CHILDREN.

BY JEROME WALKER, M.D., BROOKLYN.

THE benefits accruing to feeble children from a change of air and scene are manifold. The moving from one room to another, from one part of the city to another, is frequently of benefit. Even for quite young children, new faces, new surroundings, pictures, and furniture, help towards recovery. We notice that when the sick baby is asleep the diarrhœal passages are not so frequent as when he is awake; that when he is out-of-doors he is better and quieter than when he is indoors; that while he is at the sea-shore for the day, in a quiet, cool shelter, he is better than when he is at home. All influences that soothe and strengthen the irritable or feeble child work through its brain and nerves; and as the child is more natural and more susceptible than the adult, these influences are likely to act with greater certainty. So the presentation of flowers or new toys or pictures, the sight of a cow, a horse, or other animal, or of the leaves of a tree moving, or of the ocean's waves, helps towards recovery. Even with very young children this is the case.

### Peculiar Advantages of the Sea-Shore.

The sea-shore is probably, on the whole, better adapted as a resort for feeble chil-

dren than the mountains, for with the advantages of the sea-air there are those of sea-bathing, which is no mean item in the restoration of health. So-called sea-bathing at home (!) in a tub with the use of rock-salt, while of service, cannot take the place of bathing in the sea or bathing in sea-water. Bathing in the sea is more beneficial than taking a bath with sea-water in a house, for the water is fresher, and dashing against the body is valuable as a stimulant to the skin. The sea-air also, with its saline particles, stimulates and invigorates the skin and mucous membrane. The sight of the sky, of the waves, of other children bathing, and perhaps here and there of a sail, excites the child to healthful activity.

But for children to reap the greatest benefit from a stay at the sea-shore, it is a matter of moment to inquire as to who may bathe, how and when to bathe, and what should be the general life at the sea-shore. Careful attention to these matters will tend to obviate many inconveniences.

### Sea-Baths for Babies.

It has been frequently said that babies—*i.e.*, children under twelve or eighteen months old—should not be given a bath in

the sea ; that the action of the water is too violent for them ; that they become unduly frightened or nervous. But as I have bathed or supervised the bathing of several hundred babies, and have seen no evil results therefrom, I must believe that *proper* sea-bathing is safe for the majority of babies. One of the most astonishing sights to be witnessed at watering-places is that of a mother insisting upon ducking her baby or older child, the little being meanwhile struggling violently or screaming with terror. Now let some one attempt to "duck" the mother because "it is good for her," and the mother will vigorously protest against the brutality of the action. It may be because attempts upon the part of those in charge of little children to "duck" them are so frequent, and the results are so unpleasant, that a feeling has arisen that little children should not have sea-bathing. With a comparatively small number of children it may be best to bathe them in a house where the sea-water has been brought in pipes or in pails and exposed to the sun until it is quite warm.

#### When to Bathe.

Little children are generally frightened at the prospect of coming in contact with large waves, which make so much noise as they roar and stir the sand up violently. Then it is not easy for an attendant to calm a child in the face of such odds, and to give him a quiet bath : and withal there is too much danger from undertow as the waves recede, especially if the tide is an ebb-tide. When the water is at about half-flood tide, and there is only a gentle swell as wave follows wave, is the best time for all bathers, but especially for children, and it is at this time that the water is the purest. It makes but little difference at what hour the child takes his sea-bath, as long as it is between nine A.M. and five P.M., when the air is not likely to be too cool or damp. In the early or late part of the season it may not be well before eleven A.M. or after three P.M.

The little pools of water which form between sand-bars and the main shore on the recession of the tide are generally not fit

places to bathe in. The water is lukewarm, and very often dirty.

#### The Bathing Suit.

The child's bathing-suit should be of light flannel and fastened by buttons on either one or both shoulders. If made in this way, after the bath, when it is heavy, sticky, and wet with the salt water, it can be readily removed. Cotton or linen bathing-suits or gowns when wet are apt to chill the body if, while bathing, the air is cool or a wind suddenly springs up.

#### Duration of the Bath.

While the time to be spent in the water differs with different persons, some being able to stay in with impunity only ten minutes and others thirty or more minutes, for young children the bath ordinarily should not extend over fifteen minutes, and for many not more than five minutes.

To allow a child to stand in the water while the rest of the body is dry or only just damp is to invite a chill if the air is cool ; and if the sun is blazing away with midsummer fury such action invites a heat-stroke. To allow a child to stay in the water until it is blue about the mouth and its skin shivers is a risky experiment. So also is the dressing and undressing in a small, hot bath-house. To bathe twice a day in the sea is not advisable.

#### How to Bathe.

The child may be enticed into the water by rolling into it something for him to follow, or the attendant can sit on the slope of the sand with the child in his lap and allow the water to gently roll up on them. In the case of a very feeble or easily frightened child it is best to carry it in your arms into the water, gently soothing it as you go in. Whichever way you give the child its bath, you should *first wet the head* with the water, and gently but rapidly get the whole body wet by putting the water on with your hand. Then a gentle dip of the body—but *not of the head*—will be all the bath the child needs. If the bathing-house or the main house in which the child was

undressed is far from the shore, a good shawl should be ready to wrap about the wet child before you carry it to shelter. If, after the bath, the child is to be dressed in a bathing-house, it is a matter of importance that as little time as possible be spent in the dressing. Lace collars and cuffs, jewelry, and finery generally, had better be left at the main house. Many of the bath-houses at sea-side resorts are too cramped and so low and badly ventilated that they are very hot—too hot for feeble children to be undressed and dressed in. A tent would be preferable, and, except in very windy weather, could be put up and taken down each day.\* Of course after a bath the skin should be dried thoroughly. The drying is best effected by means of large Turkish bath-towels, and sometimes while a thin blanket is around the child.

To those accustomed to be at the sea-shore the foregoing minutiae in regard to bathing may seem superfluous, but they would not have been dwelt upon here had not the writer seen feeble children made ill by a disregard of them.

#### Best Mode of Living at the Sea-Shore.

Spoiled children and indifferent mothers figure at the sea-shore resort as well as elsewhere, and it is no marvel that the children are not benefited by their outing. The general life at the sea-shore should be one of quiet and moderation. A sea-side resort which is closely connected with the green country, and which has a gentle sloping shore, not a precipitous one, is best adapted for a prolonged stay. Carriage-riding, the gathering of flowers, the shade of trees are pleasant alternatives to surf or still-water bathing, boating, lounging upon piazzas, or the gathering of shells and sea-weed. At such a resort good, fresh

milk and vegetables will probably be more readily obtained, and these articles of food are of vastly more importance for children in summer than meat-food. Ordinary meat-food—beef, mutton, lamb, etc.—need not be used oftener than once a day, or even every other day. Canned meats had better be discarded. Fish food can to advantage take the place of beef, mutton, etc., and be used in larger amount, especially if it is fresh; but unfortunately much of the fish-food found at sea-side resorts has been brought from remote places. The fresher the fish the more healthful and palatable it is.

The eating of rich food, cake, pies, French candy, etc., or the over-indulgence in salads and shell-fish, has incapacitated many a child from receiving benefit from a stay at the sea-shore. The eating of a hearty meal just before sea-bathing should not be allowed. The risks from such an experiment are, while in the water or soon after, vomiting, cramps, convulsions, chilliness, perhaps a decided chill with fever and debility following.

#### When Improvement May be Expected.

The first few days of the stay at the sea-shore are marked in most healthy children as well as adults by either constipation or diarrhœa, and by either an inordinate appetite or a loss of appetite. With gentle exercise and care as to diet, after a few days the individual becomes acclimated, and it is then quite an easy matter to ascertain what will and what will not agree. If the constipation or diarrhœa or loss of appetite seems to really influence the health of the child, consult a physician.

Ordinarily, after three or four days' stay at the sea-shore, the child, whether ill or well, begins to show the good effects of a change of air and scene. In my experience it is not wise to decide under *two or three weeks*, except in rare instances, that any child is not benefited. The child should have the influence of sea-air, bathing, and careful dieting, and also a proper chance to exercise on and *in* the sand; should sleep in a cool, airy room, on a hair or wire-woven

\*At a moderate cost an airy bathing-house can be erected which can have two or more rooms in it, and be well ventilated by sliding windows and an open ridge, protected by a raised cover. Such a building can be sectional and fastened with screws for ease of putting together and taking apart. It is almost unnecessary to say that if it is painted it looks better and will last longer; yet a painted bath-house is rarely seen. The cost of such a bath-house will be lessened if there is co-operation between families in the building. Uncomfortable bath-houses deter many persons from sea-bathing.



mattress or in a hammock; should keep good hours, rise early and go to bed early. The artificial life that some little children live at summer resorts, fashionably and uncomfortably dressed, taking part in hops, etc., is not conducive to peace, happiness, and health.

#### Some Popular Fallacies.

Sometimes it happens that after a sojourn at the sea-shore for two or three weeks a short time spent in the mountains is serviceable. The popular idea that persons living in the interior should go to the sea-shore in summer, and that persons living in seaboard cities should go to the mountains, may be true as a general proposition, but it is not always to be acted on. Every physician knows of people living within a few miles of the sea-shore who are benefited by a stay at the coast, and who are not benefited when they go to the mountains.

Another popular idea which needs to be dispelled is that only bowel affections are materially benefited at the sea-shore. Scrofulous affections, diarrhœa, if not associated with tuberculosis or consumption; rickets and other diseases of the bones; nervous affections, especially chorea or St. Vitus' dance; dyspeptic ailments, general debility, which covers so many cases of illness in children; persistent constipation, cases of slight bronchitis, the victims of malaria, are generally benefited by a prudent life at the sea-shore.

Dysentery, severe bronchitis, pleurisy, and consumption far advanced do not, as a rule, do well. Eye diseases also, owing to the glare of the sun, to particles of sand in the air, and to reflection from the sandy beach, are seldom benefited.

#### Disadvantages.

Life at the sea-shore is not always bright any more than it is in the mountains. There are days when the air is damp and chill, and unless a fire can be kindled to warm the air indoors, and the children can have warm clothing, feeble children may suffer; days in which land-breezes predominate are uncomfortably hot. If marshy ground is near at hand mosquitoes are at times plentiful

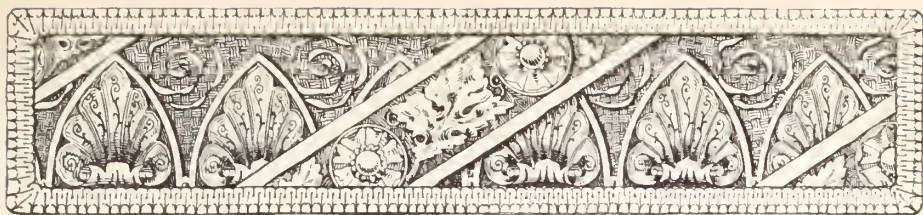
and fierce. If the sea-side resort is near a large city, at times the water is likely to be polluted with refuse and garbage brought from the city in scows. Wherever the resort, proprietors of piers and of establishments near the water are apt to think it no sin to throw refuse and to drain filth into the sea.

#### General Conclusions.

But taking all of these evils into account, proportionately more children, especially feeble ones, will be benefited at clean and quiet sea-side resorts than in the mountainous districts, if precautions already advised be followed. They may be summarized as follows: Fresh, plain, and abundant food, especially milk, vegetables, and fruit; good water-supply, good ice, healthy location, proper drainage, a quiet life, spending most of the time in the open air, protected from excess of sun and wind.

#### Day-Trips.

To the parents who can only take day-trips to the sea-shore I would say, If you have feeble or sick children shun the crowds; go early in the morning, to the shore preferably by boat; come back before the crowd does—*i.e.*, about seven P.M., or stay until nine P.M. if the air is not too cool. Shun the sausage-dealers, and do not buy milk at the sea-shore unless you are very sure it is sweet. Take with you some strips of blue litmus-paper, to be bought at the drug-store. Dip the end of one into the milk; if it turns red, it indicates that the milk is sour. It is better to carry your supply of milk, and if it has not been taken from the cow a short time before you started on your trip, it is best to heat it by simmering, and to add to each pint a large teaspoonful of good glycerine. Choose a resting-place as near to the water as possible; better if you can be on a pier over the water. Be sure that your shelter protects you from the sun and winds, and that you have extra wraps for the children. Digging in the sand in a *dry place* will do your child good; in a damp place probably harm. Much good can be obtained by day-trips, but also much harm.



## MISTAKES.

BY MARY JOHNSON.

AN incident mentioned in a recent number of *BABYHOOD* ought to set mothers (and fathers) thinking. A little boy, after several whippings for climbing over the fence and running down the road, when asked if he would ever do it again, answered :

"No, papa, I never will. I'll *crawl under*, as the chickens do."

The answer is suggestive. That children are sometimes over-indulged and allowed to disobey is pitifully true; that they, as well as animals, are sometimes punished for what they do not understand, is also true. Where there is the slightest doubt as to act or intention, for the sake of justice and mercy both, let us give our children "the benefit of the doubt." One unjust punishment does more harm than ten escapes from that which is deserved. There are several reasons weighing against a hasty or severe judgment of these little ones: not only the present suffering—greater to them, perhaps, than we are apt to realize—but also the remembrance of injustice, the sense of injury that lingers and sometimes is recalled years afterwards, as some of us know, and, worse than all, the temptation to deceit it throws in a child's way.

A lady, now a grandmother, recalls vividly an instance in proof of this in her own far-away childhood. She had then a strong feeling of conscientiousness and was inclined to be truthful, but was once tempted beyond her childish strength. Her nurse charged her with having wilfully cut her dress, and pulled her into her mother's presence to make complaint. There was a small but jagged rent in the thin muslin (a

dress she wore to play in), which both mother and nurse thought looked as though it had been cut by scissors. The child really had not touched a pair of scissors for days. She had not seen the rent—it could scarcely be called a hole. That morning she had fallen down outdoors, and honestly thought she must have torn it at the time. Grieved and indignant, she said so, but was at once charged, by both mother and nurse, with falsehood in addition to the first offence. The only escape from a whipping was to say that she had cut her dress and would not do it again; that she was sorry for that and for the *falsehood*. Of course the child said what she was commanded, but to this day she remembers the injustice.

Parents should be careful not to punish without positive proof, both of a wrong act and of wilful intention. Even then better be too lenient than too severe. At all events, never make children afraid to tell what they believe to be the truth. Their statements may be absurd or improbable, but time should be taken to ascertain not only facts but the child's understanding of them. Little children, before they are old enough to distinguish between truth and falsehood, often tell what are called lies by their elders. These things should be explained to the child carefully and patiently. With this patient teaching, and, more than all else, the parents' example of perfect sincerity in word and act, the chances are that the children will grow up honest and truthful without severity of punishment.

No accident should ever be met with punishment or blame. A child may be very careless, and need patient, gentle training

out of this fault, but the loss or trouble entailed should never be taken as the gauge of the child's intention or the measure of discipline. A mistake should never be harshly judged. Parents should make sure that their "requirings and forbiddings" are understood rather in the spirit than the letter; children are very literal in their interpretations.

A bright little boy of four years chanced to hear his grandma say, in an impatient mood: "I'd set fire to the house before I'd live this way another year." He said nothing at the time, but evidently thought it over, for the next morning he asked very seriously: "Mamma, if gra'ma wants her house burned down, couldn't you set it afire? I'll hold the light."

It was a perfectly sincere offer, in the spirit of hearty good-will. The single motive was the desire to please grandma. Fortunately this child carried the case to his mother, his almost constant companion; but if he had acted upon impulse and had himself set the house afire from a commendable thought and motive, what would have been the instant judgment, if not of the family, at least of outside people? Would it not have been said that he was a very bad, malicious boy—strangely so for one so young—and deserving of the severest punishment? In reality he would not have been in the least to blame.

A little girl about three years old was in her mother's room while she was cutting out work. The child watched her quietly, amused at the swift passage of the shining shears through the white cloth. Some one called, or the mother went to the kitchen to give orders for dinner. She left her scissors, cloth, and ready-cut garments just as they were on the bed. She did not even say to the child: "Don't touch anything."

When she returned in five or ten minutes, the little girl looked up with bright, expectant face, holding the shears in her tiny hand.

"Mamma! O mamma! I've been helping you tut out simies," she said gleefully.

She had cut from one article a number

of small pieces. It was love and tender thoughtfulness on the child's part for the mother who she supposed had too much to do; but judgment is not full-blown at three years, and she had made a mistake. For that she was whipped.

In pleasant contrast is the part taken by another mother, who, with a family of eight children and but one hired girl, still kept her judgment clear and her temper in control. One warm Saturday afternoon she was busy upstairs. Her little girl of six or seven was with her and heard her say: "O dear! there are all those stockings to mend yet."

She had been baking bread in the morning and was very tired.

"Where are they?" Jenny asked.

"In the sitting-room," the mother answered, and thought no more about it. Perhaps three-quarters of an hour later, when through with her work upstairs, she went down to the task, the dreaded task, tired as she was, of mending the week's stockings for eight children, her husband, and herself. There sat Jenny by the pleasant east window—it was summer-time—in mother's willow chair, the basket by her side and a stocking in her hand.

"Mamma," she said with eager face and voice, "you had twelve pairs of stockings, and I've done six of 'em!"

The edges of the holes had been lapped together and sewed over and over in close, strong seams.

"I knew," the mother said, speaking afterwards of the incident—"I knew, the moment I looked at them, that to rip out the stitches would take me an hour; but I would not for the world have had Jenny know it, so I said to her: 'Well, you're a dear, good little girl, and now you may run out and play.'"

What a sweet remembrance in years to come will be that mother's thoughtful, loving kindness—a remembrance treasured even after her face has vanished from sight! In any case of good intent, especially intent of helpfulness or kindness, far better is it for both child and mother if thus the will is taken for the deed.



## FRUIT: ITS USE AND ABUSE.

BY HALSEY L. WOOD, M.D., NEW YORK CITY.

THE first meaning of the Latin word from which our word fruit is derived is *enjoyment*; it also means *result*, *effect*; and while the result of the use of fruit in childhood has at times occasioned little of enjoyment and much of disaster, perhaps the effect has been due to its abuse and not its use. But, however this may be, it is clear both from derivation and general acceptance that the purpose of fruit is to give the variety to diet which all at times feel the need of, and thus to occasion enjoyment. Its composition is such that it cannot take high rank as a food, but as an adjuvant to other diet it is most grateful, useful, and beneficial. How, then, can we best utilize it during the summer and fall, to the advantage of our little ones, who crave it so eagerly? It is with the view of presenting a few suggestions looking toward the solution of this question, that these lines have been written. That my meaning may be entirely clear I have thought it wise to premise some facts concerning digestion in infancy and childhood, as this function is the one that especially concerns this subject.

### **Variety in Diet Necessary after Teeth are Cut.**

The mature and vigorous adult is able to support life and preserve health on a diet drawn exclusively from the animal or vegetable kingdoms. This is due to the complex and elaborate structure of his digestive system. But in the case of the child, a still growing animal, it is very different. The difference is not one of degree only, but of kind. The child has to provide not only for daily waste and the constant reproduction of tissue, but it must as well daily increase in size and stature. It needs thus not only

more food proportionately than the adult, but it is essential that this shall be of the simplest character. The reasons for this lie in the delicate organism of the young child, as well as its incomplete development—shown in the absence of teeth and slight glandular activity and muscular growth.

That food is the best for the infant, therefore, that shall require the fewest changes wrought in it before it can be assimilated; and this a bountiful nature abundantly supplies. Teeth do not appear until about the ninth month, and here we see clearly, for the first time, those changes that nature is working in the organism. But she is very deliberate, takes no quick steps; for the first molar tooth is not cut before the commencement of the second year, and dentition is not complete before its close. Theoretically, therefore, as well as practically, is it the case that indigestion, most common of all in infancy, decreases with growth and the completion of first dentition, when the stomach in healthy children becomes capable of bearing a mixed diet. It may simplify our appreciation of the position of fruit among the foods if we briefly classify them in the following groups:

1. *Nitrogenous*.—Proteids, white of egg, casein of milk, gluten of flour.
2. *Hydrocarbons*.—Meat, butter, oils.
3. *Carbohydrates*.—Starch, sugar, vegetable foods.
4. *Inorganic Foods*.—Mineral elements, as in water.

Fruits belong to the carbohydrates from the large proportion of starch and sugar present in them, while the nitrogenous elements exist in but slight quantities. Digested, they do not form parts of the more solid tis-



sues as such, but are largely converted into fat. Botanically, fruit signifies the seed with its surrounding structures, in progress to or arrived at maturity. Thus wheat, peas, beans, etc., would constitute fruits, but the term is usually restricted to articles like apples, pears, plums, and grapes. The fruit is formed from the flower, and both from modifications of the leaf. Let us trace the changes it undergoes in progressing towards maturity.

#### Nature of the Growth of Fruit.

At first it has the same color, chemical composition, and behavior as the leaf. As it matures, special characteristics develop. Increase in bulk and weight occurs, and on approaching maturity it becomes yellow, red, or purple. Internal changes take place at the same time, the sour and astringent principles becoming much modified. The starch is transformed into sugar, and certain insoluble substances become soluble and gelatinous. Thus the fruit arrives at a state of perfection for eating. But the process, which is one of oxidation, does not stop here. Continuing, the sugar and remaining acid become destroyed, loss of flavor occurs, and deterioration sets in. Finally the pulp decays and the seeds are set free.

The agreeable taste of fruits depends partly on the aroma, and partly upon the relation existing between the acid, sugar, gum, water, soluble and insoluble constituents. Fruits like the peach, green-gage plum, and mulberry contain a large proportion of soluble substances and are especially luscious. The proportion of sugar in fruits may be largely increased by cultivation, as is instanced in the differences existing between the wild and cultivated strawberry and raspberry.

#### Advantages of a Carefully Regulated Fruit Diet.

Fruit forms an agreeable and refreshing food, and, eaten *in moderate quantity*, excites a favorable influence as an article of diet. Its proportion of nitrogenous matter is too low, and of water too high, to allow it to possess much nutritive value. When well cooked and given in small quantities, sweet-

ened, it is an important food, and one that is too much neglected.

Fruit should *never* be given to very young children out of season or in hot weather. Especially should this be the case in cities. Stale, over-ripe, or unripe fruit of all kinds should be rigorously forbidden all children. Fruit that is ripe, seasonable, and otherwise suitable agrees with most children over two years of age when given at proper times in moderate quantities. The best time to give it to children is in the morning, at breakfast, and for luncheon; *not* in the evening or on going to bed. With almost all fruits, otherwise suitable, trouble following its use is occasioned by immoderate indulgence. If eaten to excess fruit is injurious, because the free acids and principles prone to undergo change that it contains are likely, being out of due proportion to other food, to cause derangement of the alimentary canal. Especially is this apt to be the case if, from being unripe or over-ripe, the acids being in excess or in a state of decomposition, they ferment in the digestive tract. An abundance of proof of this action is furnished by the great prevalence of bowel-disorders during the height of the fruit season.\* A notable deficiency in the digestive power of infants and young children is that of dealing with anything like large masses of solid matter; neither their muscular nor their digestive strength is equal to it. The alimentary canal is extremely intolerant of food in a state of fermentation or any which is affected by the least taint of decomposition.

#### Characteristics of Various Fruits.

*Apple*.—This is the most indigestible, in a raw state, of the fruits, but when cooked, by roasting or stewing, it becomes digestible and slightly laxative.

*Pear*.—The choicest varieties form a luscious and delicate fruit. They are much more digestible than the apple, and, when thoroughly ripened, seldom disagree if

\* "How easily a moderate amount of acidity may become hurtful to the teeth," writes Dr. A. Jacobi, "is well seen in the effect of improper indulgence in the juices of fruits. We should seek to mitigate their injurious effect by giving bread or water at the same time, and by afterwards carefully cleansing the teeth."—*Infant Hygiene*, "Ziemssen's Cyclo.," Vol. XVIII.

eaten with moderation. Many varieties ripen unequally, and careful selections are needed for the young. If at all hard, or unripe in spots, they should be cooked before being given to the child. Some persons, however, always find difficulty in digesting pears, which is attributable to the little, hard grains always present in the pulp.

*Orange.*—This fruit is most digestible and refreshing, seldom disagreeing with the most delicate stomach, and being admissible under almost all conditions of health and disease. The seeds should be carefully removed, and under no circumstances should children be allowed to eat the rind.

*Plum.*—Plums are especially apt to derange the bowels and cause griping and diarrhœa, and should therefore be eaten most cautiously. They are less objectionable when cooked.

*Cherry.*—The cherry shares with the plum the dangers that attend indigestibility. It is prone to cause abdominal disturbance and distress, often on slight occasion, but quite commonly if eaten without moderation. If unripe or over-ripe these dangers are largely increased. All should be cautioned against swallowing the stones, and in the case of those too young to be entrusted with this duty, if given at all, the fruit should be carefully pitted.

*Peach.*—The peach and nectarine are luscious and not apt to disagree if used in moderate quantity. The apricot is laxative if not perfectly ripe. Cooked it is digestible and highly esteemed.

*Grape.*—The skin and seeds should always be rejected, but the pulp is luscious and refrigerant. It is wholesome and nutritious as well, and may be safely taken by all.

Freely eaten, grapes are laxative and increase the flow of urine.

*Currants and Gooseberries* should not be allowed in the raw state to children. They have too much free acid and are quite indigestible unless cooked.

The *Strawberry*, *Raspberry*, and *Blackberry* have more acid and less sugar than most of the other fruits that we have discussed. They should not be eaten without sugar to any extent; adding sugar will diminish the injuriousness. The blackberry, in many varieties, ripens very imperfectly and is thus the most objectionable.

The *Banana* is said to be extensively employed in British Guiana as the food of infants, children, and invalids; and it may be that the fruit of tropical regions, plucked when ripe, is much more digestible than that which finds its way to our market. To us it seems to contain too large a percentage of unconverted starch to be suitable for either infants or very young children. It certainly cannot be recommended either for them or, indeed, for children, with feeble digestive powers, that are much older.

*Fig.*—The common fig contains a large amount of sugar, and, when grown in warm countries, forms a delightful fruit, but one having a decidedly irritative action upon the alimentary canal. It is, therefore, not suitable for young children or for those of feeble digestive strength.

*Pineapple.*—An elegant fruit, but one that should be most cautiously recommended for children's use. Its texture is close and at times tough, and though much improved when made into a conserve, with sugar, it should be allowed the young but sparingly, and never to the delicate child.



## CHILDREN WHO ARE KEPT IN TOWN.

BY LEROY M. YALE, M.D.

TO stay in a great city all summer is usually thought a great hardship, if not a great risk, to children. That this last is true may be seen from the death-rate in summer. But this is not the whole story. If one examined a little closer and saw where in the great cities the deaths occurred, it would be at once seen that it was in those sections where every rule of hygiene is, often nearly unavoidably, set at defiance. If one living in a decent neighborhood—a "fine" neighborhood is not intended—feels obliged to stay in town in the hot months, he can usually do so with safety to his children, if he will see that especial sources of disease are guarded against. The fact that he remains in town presupposes that his habitation is already chosen. His only care, then, is to make it as safe and comfortable as he can.

**Street-Cleaning by Individual Effort.**

The sources of outside filth described with reference to a country-house hardly exist in the city, but there is always a chance of street-dirt, which he may look out for. As every one knows, high taxes do not insure clean streets. One careless or slovenly family in a square may make all the rest uncomfortable. It is well, then, that the householder kept in town should early find who of his neighbors are similarly situated. Let them organize a temporary "neighborhood club" to insure the prompt removal from the street of anything that could pollute the air. The expense is trifling if several neighbors combine. Perhaps the outlay for a summer might not equal the cost of one visit of a physician. If a street is clean street watering may increase its comfort; if it is not clean of decomposing matters the dryer it is kept the better.

**Disinfection.**

Next let the condition of privies and sinks be considered. If it is not satisfactory, see that they be made clean, and arrange for cheap and efficient disinfectants. Instruc-

tion and advice is always freely given at the Board of Health offices of great cities, if the householder feels that he does not know just how to accomplish what he desires. If water-closets are in the house, attend to their purification night and morning by the use of plenty of water and some antiseptic. The condition of the cellar should be inquired into—whether it is dry, clean, and well aired.

**Clothing.**

On previous occasions BABYHOOD has insisted upon some of the essentials of judicious clothing, and one of the first of these is *uniformity* of protection—that is to say, that every part of the person should be as nearly as practicable equally covered. It is not a judicious attire that heaps garments upon one part of the body and leaves another nude or nearly so. Of course, with our methods of dress, it is probably next to impossible not to get rather more layers of clothing over the trunk than over the limbs; and, within limits, this is not particularly objectionable. But excessive loading of the trunk should be avoided as much as exposure of the limbs to draughts.

Next, *looseness* of attire is essential to comfort in summer. An active child must perspire, and tight clothing will surely irritate the skin if kept wet with perspiration. And here again the matter of number of layers comes up, for two or more thin layers of clothing, by the greater confining of air, are generally hotter than one thick layer of equal weight—a point sometimes made use of in cold weather, when two or more light, thin undershirts are made to take the place of a very heavy one.

As to *material*, if comfort alone is to be considered, there is no doubt that thin woollen garments are preferable, besides being a safeguard against changes of temperature. Something must be conceded to custom, which forbids woollen garments for children before a certain age, something also to the

necessity of having the garments of small children easily washable; but, when practicable, a play-suit of loose, light woollen, which is warm enough to protect the child, with but little clothing beneath it, will give the greatest amount of comfort and security.

*Color* is not without importance if the child is to play in the sunshine; but here fashion accords with propriety, the light colors being decidedly cooler than the dark; a light gray or pale blue or green probably giving as judicious a compromise between coolness and soilableness as can be made.

At night, for similar reasons, a night-dress that cannot be removed by the tossings of the sleeper—such as the ordinary “night-drawers” of children, with closed feet, of thin woollen—seems to best fulfil all requirements; *i. e.*, it is uniform in thickness, sufficiently loose, warm enough to make no other covering necessary if the weather be hot, and quite an efficient protection against chill if the temperature falls at night.

#### Relief Measures against the City Heat.

The difficulty in avoiding excess of heat is, of course, immensely greater in the city than in the country. The maximum heat may be little greater in towns, but its duration is more prolonged, owing to the less free movement of air and the reserve heat, so to speak, stored up by masses of buildings heated by the sun and by artificial heat as well.

Nevertheless much can be done by systematic planning to lessen the distress. First of all, there is in most places a prevailing summer breeze, and this current of air, even if not cool, is comforting (as compared with still air), chiefly by aiding the evaporation of perspiration. This breeze should be utilized to the fullest extent possible. The nursery should, other things being equal, be one of the rooms receiving its benefit. Similarly everything should be planned to take advantage of the morning and evening respites of heat, particularly the former. Young children

are usually only too willing to rise early. If the day's operations are begun unusually early the rooms may be aired early, and then closed and darkened; or if air be necessary, dark awnings should be lowered early in the day, and everything that can be done before the heat of the day should be done, so that those hot hours should be given up to as quiet and exertionless an existence as possible. Sleep also may be encouraged by these devices, and so the restlessness of a warm night be in part atoned for. Fortunately, in the summer season the demands of social life cease, and the attire of child and adult can be made to suit the needs of comfort. The children may be allowed free use of cool water and of baths, the latter not too cold; tepid (85° F. to 95° F.) being most useful. It is not alone as coolers that they do good, but, by soothing the skin and removing the remains of perspiration, they allay nervous irritation and save waste of strength. Of course judgment will guard against their excessive use.

When the sun has disappeared, and there is a sensible relief of the heat, the windows may again be opened and the breeze solicited, if it exists. Every one knows that there are days and nights in a great city when the heat is indeed an affliction which all ingenuity seems unable to mitigate. But care in the directions suggested, equal care that food be unaffected in its quality by the heat, and that the kind chosen be very digestible, will usually prevent illness.

It seems almost needless to add that every opportunity should be seized for going on short runs to suburban places where the temperature is lower and the air purer, the journeys to and from them being made before and after the period of greatest heat. Those who cannot take whole days may find a few hours for water-trips, for visits to cool groves, and the like. Always, however, it should be borne in mind that fatigue may undo the benefits of the trip.

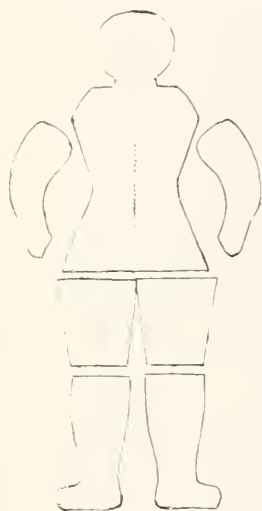




## NURSERY PASTIMES.

## Home-Made Rag Doll.

AMONG all the toys that are described in *BABYHOOD* for the comfort and amusement of Baby I have seen no mention of a rag doll. I have made no less than five rag dolls for babies of different friends, all of whom had many expensive dolls, and I can truthfully say that all



ONE-EIGHTH FULL SIZE.

the children have remained more faithful in their devotion to these dolls than to any others. My little girl has two such dolls, one white and the other black, but her affections are centred on the colored woman. When she was three or four months old she would wave it frantically about in an aimless way, and often strike herself with it, but was, of course, never hurt. As

she grew older she became more and more attached to it, never going to bed without Dinah in her arms, and crying for "Di" if the nurse had forgotten to put it in the crib. She will remain faithful to Dinah until she is four or five years old, and even longer, if Dinah continues to live to so great an age for a doll. The doll has already had a gash in her throat which nearly cost her her life, but fortunately the wound was healed with black court-plaster. I am afraid she has been made of too common clay.

These rag dolls are so easy to make, and so superior to any bought ones with their hard sawdust or kid bodies and harder heads, that I am sure if any one will take the trouble to make one for Baby the reward will be tenfold by the pleasure it gives. The following explanation will suffice to enable any one to make a doll :

Cut out duplicate patterns of *strong* cotton cloth as shown in the figure. The similar parts are to be sewn together and stuffed with cotton-batting, but not so much as to make the

doll hard. Sew the arms and thighs on to the body with the seams at the sides, but the feet with the seams in front and back. If possible paint in flat tints with oil-paints the face of a child from Kate Greenaway or from a Christmas card. Paint the neck and arms flesh-color, and the back of the head brown or tow-color, red for stockings, and black for shoes. The legs may be made of turkey red, and kid shoes may be put on ; but I prefer the painting for little babies, because the painted shoes cannot be lost. If you are unable to paint in oil, make eyes, nose, and mouth with India-ink or indelible ink. Before painting, the nose may be raised by embroidery, but this is difficult to do well. I have tried various expedients to make the head round, but do not think it worth while to make the attempt, because if it is made in sections like a ball the head is much disfigured with seams.

MARGARET ENGLISH.

*London, England.*

## Insect-Collecting.

A TASTE for natural history affords much pleasure to children and is easily gratified. I know a little girl who, in consequence of scarlet-fever when very young, is unable to walk or romp like her companions. She is an ardent lover of flowers, birds, animals, etc., and has already quite a collection of insects. She reads and hears all that she can about natural history, and interests her friends, old and young, so that they bring her any new specimens they meet with. A little chloroform on cotton, under her mother's supervision, kills the butterfly, moth, or whatever it may be, without injuring its appearance. The wings of the butterflies and moths are stretched before they stiffen, and kept flat for two or three days by very narrow slips of letter paper pinned across in a triangular way. The pins must go through the slips of paper, not through the wings. Then the specimens are placed in a shallow box, with some camphor-gum to keep out destructive insects which would feed on them, and the collection is ready to refer to at any time.

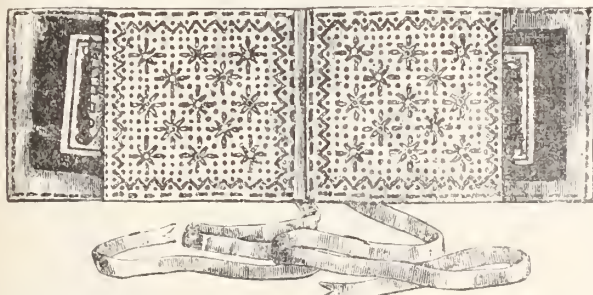
Such tastes in a child are to be encouraged, not only for present amusement but for the habits of observation and attention which they develop.

A. B. C.

*New York.*

### Fancy-Work for the Little Ones.

ON hotel and cottage verandas in country resorts it is the rule for ladies to while away the long and pleasant summer days with all descrip-



tions of fancy-work. The little ones, seeing their mammas so busily and pleasantly employed, would like to imitate them, and often come begging for pieces of silk and worsted on which to try their bungling little fingers, which soon succeed in spoiling what has been at last impatiently flung to them in order "just to get a little peace from their teasing." We describe here some simple pieces of work which can readily be taught to very young children, and will help mamma to many hours of pleasant peace while her little one is happily busy. When packing her trunk for the country, let the mother place in it some odds and ends of colored silks, cottons, and worsteds, a crochet-hook, a pair of knitting-needles, and a few bits of ribbon, and she will be prepared to give the little fingers pleasant and useful employment. By designating the various articles as gifts intended for some loved one left behind, an added charm will be lent to the work. Beginning with the simplest article on our list, we proceed to describe a

#### CASE FOR DARNING-NEEDLES

which is made of perforated cardboard—gold, silver, or colored. Each cover is a little over three inches long and one-and-a-half inches wide, while the inner pockets are the same width but only two inches long.

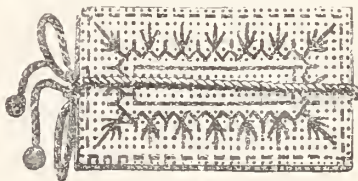
The pattern, worked with colored silk on the cardboard, can be readily imitated from the illustration. Very little fingers may be guided

to fill it with simple cross-stitches, or a pattern to be outlined with lead-pencil for them to follow with the needle. The covers are lined in one piece, the pocket parts each separately. A narrow ribbon or crocheted cord sewed on at the back serves to close the case. Next comes an exercise in

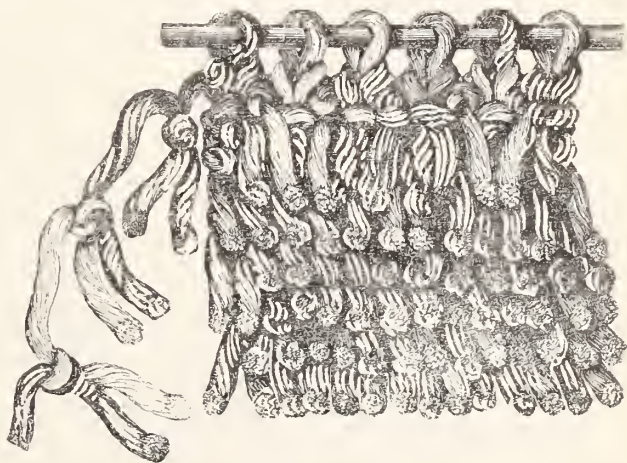
#### KNITTING WORK,

which is very simple in execution and yet happy in its results, looking like a fluffy pile, and eminently suitable for rugs to be placed at the bedside, or, indeed, for any description of mits. The smallest remnants of worsted can be used up for this work. The finer kinds should

be taken double, or even threefold, as the thickness requires. The knotting together must be done by the mother's hands. Cut the worsted into pieces of not quite four inches, and knot,



laying the ends evenly together. The length of the worsted between the knots must measure one inch, the ends turn out a little shorter. Mix the colors as variously as possible. Now knit in



strips of any width—these are afterwards sewed together at the back—in such a manner that the stitch is made of the worsted between the knots.

In knitting on the right side the ends must be laid in front of the needle; in knitting back they incline to the same side of themselves.



HORSE-REINS.

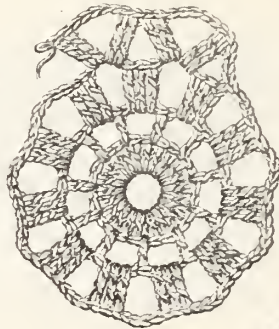
In the construction of this pleasing toy, cast on twelve stitches on rather coarse knitting-needles, and when a sufficiently long piece has been worked sew together around a finger-thick cord in the manner illustrated. Form a noose ten inches long at either end for inserting the arms.

Lastly we illustrate a

TWINE-HOLDER,

for the making of which the little hands must have already mastered simple crocheting. It consists of two halves, and our cut shows the beginning of one. Crochet four rows exactly like the one begun in the cut, then one row consisting of eight chains and one tight stitch into each of the loops, whereupon crochet a row of tight stitches all around. Crochet another part exactly like this, and lace together over a ball of colored twine with the same cotton or silk of

which the holder was worked, or fine silver or gold cord. Add ribbon in the manner illustrated, and a loop or hook at the top by which to hang up. The end of the twine, which is



drawn through one of the openings at either side, must be picked out from the *inside* of the ball, as only then does it run easily.

In each of the articles described the finishing touches must, of course, be added by experienced hands; a great part of the work will, however, have been done by the little ones, to their intense pride and satisfaction.

## NURSERY PROBLEMS.

### Chronic Enlargement of the Tonsils.

To the Editor of BABYHOOD:

I am told that chronic enlargement of the tonsils is quite common, and think that my little girl may be affected that way. Since last fall she has several times coughed (more severely at night) for a week or two at a time, without any other symptoms of a cold. Will you please tell me, (1) How can one tell if it exists? (2) What causes it? and (3) What is the cure? L.

Milwaukee, Wis.

(1) We presume you know where the tonsils are situated—*i.e.*, just behind the first arch of the palate (the hanging palate). Now, in perfect health the tonsils are hardly visible, protruding little if at all, but they are seen variously enlarged until they sometimes almost touch in the middle behind the uvula (the little hanging piece in the middle of the hanging palate). To tell if the enlargement is chronic you will have to look

from time to time to make sure that the enlargement is persistent, not temporary.

(2) The predisposing causes are constitutional; they are much more frequently seen in some families than in others. The exciting causes are common colds, particularly frequently recurring attacks of sore throat, measles, and scarlatina.

(3) The cure lies first of all in keeping the general health in the best possible condition, regulation of the bowels, avoidance of disarrangement of the digestion, plenty of good air and sunlight; medicinally, the use of cod-liver oil, hypophosphites, and sometimes iron. Local treatment may be needed—*i.e.*, applications to the tonsil. If the tonsil is simply enlarged it will probably shrink with improved health. If, as frequently occurs, the tonsil is really overgrown (hypertrophy), removal by a physician is the only real cure.



**Persistent Vomiting of Food.**

To the Editor of BABYHOOD:

My baby, four months old, distresses me greatly by persistent throwing up of her milk. She has been artificially fed since the age of six weeks, but threw up breast-milk as persistently as condensed. We know she is not overfed, as she takes the prescribed quantity often in two hours. She is well and thriving, with signs of teeth. She takes Swiss milk with a few drops of Murdock's Liquid Food added, by advice of our doctor, who does not appear much concerned about the constant upheavals. Baby is never sour, and is very regular in her bowels.

L. J. M.

Providence, R. I.

If the regurgitation of food is of only a small part of the meal, it is probably due to over-distension of the stomach. If a baby is well the two-hour interval should be lengthened after the end of the second month. This alone often diminishes regurgitation by allowing the stomach more rest. Also keeping a baby perfectly quiet for a while after feeding diminishes the trouble.

**Feeding Condensed Milk—Cambric Skirt—Regulating Food—Milk or Water at Night—Bread-Crusts before Teething.**

To the Editor of BABYHOOD:

(1) My baby is eight months old, and has just commenced teething; would there be any risk in feeding him condensed milk for one meal during the day? I nurse him the rest of the time.

(2) He wears knit shirts and long cashmere stockings; will not a cambric skirt be sufficient through the warm weather, instead of flannel?

(3) My child two years old lives chiefly on condensed milk and bread. Oatmeal and fruits have a tendency to loosen his bowels. Can you suggest some other food?

(4) At night he wishes to drink milk whenever he wakes; will it harm him, or should I insist on his taking water?

(5) Would a crust hurt my eight-months-old baby in case he should loosen any of the bread?

ANOTHER INQUIRER.

Bellevue, Fla.

(1) Probably not, if the milk is properly diluted. The May number contained a table which will help you in diluting. It is safer to have it too weak than the reverse.

(2) If the knit shirt and cashmere stockings are continued, the cambric skirt will probably be sufficient.

(3) We do not like the condensed milk and bread diet. Whenever sweet fresh milk of good quality can be had we prefer it. Condensed milk is better than poor fresh milk. If (as we understand is often the case in Florida) good milk is not easily obtained, you may be obliged to adhere to the condensed milk. Barley has not the same tendency to loosen the bowels as oatmeal. As soon as the summer's heat is passed you may and should begin to enlarge his diet,

following the lines laid down, for instance, in Dr. Holt's articles in recent numbers. As during the summer heavy feeding is not necessary, you can, with care, get on with milk and bread, if the latter is well chewed.

(4) Water is certainly better at night.

(5) As your baby has "just commenced teething," he cannot masticate the bread-crust and he should not have it. It can do him no good, and it may do him harm. He would better "cut his teeth" on an ivory ring.

**The Band.**

To the Editor of BABYHOOD:

Will you tell me why mothers think the "belly-band" an important factor of Baby's wardrobe? I see why it is wise to use it for a month or so, but it must be an annoyance to the little one. I have heard mothers say: "Why, you should not think of taking it off till after the second summer." This seems nonsense to me, but I am anxious to have BABYHOOD's opinion of the matter.

Berkeley, Cal.

A PROSPECTIVE MOTHER.

A band is often useful for babies, just as it is for adults, in summer as a protection against changes of temperature and consequent diarrhoea. For this purpose it need not be tight or next the skin; it may be stitched to the undershirt. It is merely for protection. The popular trust in the snug band, however, we believe is merely a tradition. It probably was first adopted from some false idea of the necessity of abdominal support, and has been handed down unquestioned, as many other distressing details of infant dress have been.

**Feeding Regularly—Cotton or Woollen Bands—Frequent Sneezing—When to Wean—Bow-Legs.**

To the Editor of BABYHOOD:

(1) I did not commence feeding my first baby at regular intervals. Should I do so now? He is five months old and has always been healthy and good-natured.

(2) Shall I leave off his bands entirely or substitute cotton for woollen this summer? While very small he wore bands tight, but of late quite loose, merely for warmth. Also, could a deformity have been produced by his band slipping up and remaining tight about his waist, or is a rather prominent protuberance at the lower part of his abdomen natural?

(3) Is anything the matter if he sneezes every day, sometimes six and seven times at once? He has no symptoms of catarrhal or other disease.

(4) When shall I wean him or give him part solid food?

(5) Is a baby ever born bow-legged? Mine has always appeared so. We had irons made for him, but he has never worn them. Would you advise their use, or will his legs straighten later?

Kimball, Dak.

W. L. T.

(1) You should certainly feed him at regular intervals. At five months three-and-a-half



hours is about the proper interval in the day, longer intervals at night. At six months five meals in twenty-four hours are enough; none in the night—*i.e.*, after nine or ten P.M.

(2) He should have no tight band nor one that can become tight. A loose girdle as a part of his clothing may be useful as a protection against diarrhoea; in that case it should be of flannel. There is no natural "protuberance" that can properly be so called; we presume you know how the abdomen is divided by the natural creases.

(3) Children often do so sneeze, but it generally is due to some irritation of the nasal mucous membrane. A draught of air, dust, or fuzz from blankets, a strong sunlight, and a multitude of other things may be the exciting cause. On the other hand, the irritation may be in the condition of the membrane itself.

(4) The time must depend upon his health, the season, etc. Unless there is urgent need of weaning, it should not be begun in hot weather—that is to say, from the middle of May to the middle of September. At other times a child of ten months is usually old enough to be weaned and partially fed. If there is good reason for so doing the weaning may be begun much earlier.

(5) Sometimes, but rarely. Most babies who are not fat at birth appear bow-legged, owing to the prominent knee and ankle joints, and the thin leg, as well as the natural shape of the tibia (shin-bone). We are quite unable to express an opinion as to your baby on the slender information given.

### Graham Crackers.

*To the Editor of BABYHOOD:*

Will you inform me if Graham cracker is a good food for a rather delicate child two years of age? She does not care for bread or any kind of cracker except Graham. She likes oatmeal, but won't touch rice. When about five months old she was very ill with diarrhoea and indigestion. Her life was despaired of for days, and since then she has been delicate. She has only twelve teeth. She does not stand alone, but walks nicely, holding some one's hand. She is very, very pale, but her flesh is solid and firm. I do not give her meat, as she makes no attempt to chew it. She lives on milk and Graham cracker and oatmeal porridge once a day. I put thirty drops "Bush's Bovinine" in her milk three or four times a day; commenced that quite recent-

ly. Now and then mutton-broth or soft-boiled egg for dinner. Can she grow strong on such diet? She is a little baby, and has had Mellin's Food first year, Imperial Granum the second year until now. Is there any preparation of lime or anything that would increase her strength and hasten her walking?

K. S. N.

*St. John, N. B.*

The Graham cracker, if she can thoroughly chew it, is proper food. All the articles you are now using—namely, milk, porridge, cracker, "Bovinine," broth, egg—are proper, and she can grow strong upon them if she has enough of them and is able to digest fairly. The best lime preparation for your purpose, we think, is the hypophosphite, generally sold in the form of a syrup which also contains other hypophosphites. Several well-known makers—for instance, Fellows (English) and McArthur (American)—have placed very good preparations widely upon the market.

### Night-Nursing.

*To the Editor of BABYHOOD:*

My boy is nearly nine months old, weighs twenty-five pounds; his flesh is hard and his skin fair and pure. He has two teeth, and six more almost through. He seems well, and is as bright and playful as a child can be, but his bowels have never been right. They have always been loose; he has had from three to six passages a day and sometimes more. Most of the time they are thin and dark-colored, often green, with pieces of coagulated milk in them. I have begun feeding a little, not having enough breast-milk for him. I have been feeding him once in three hours, either with the breast or half milk and water. What can I do to regulate his bowels? I am afraid when the hot months come I shall have serious trouble. I feed him milk and water twice a day. He sleeps well, taking a long nap in the forenoon and a short one in the afternoon; goes to bed at seven, and is nursed at twelve and again at three.

T.

*Parkville, Mo.*

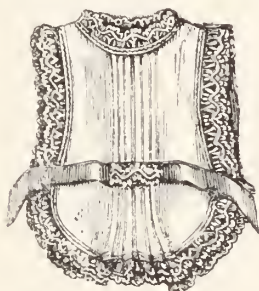
Such a condition demands more exact scrutiny than can be given by any one not seeing the child. But two or three errors seem evident. At nine months of age the child should have no night food; at least he should go without it from ten P.M. to six A.M. In the day-time it would also be better to increase the intervals between feedings. As to drugs, if you cannot get a good physician's advice, try pepsine and a syrup of hypophosphites.



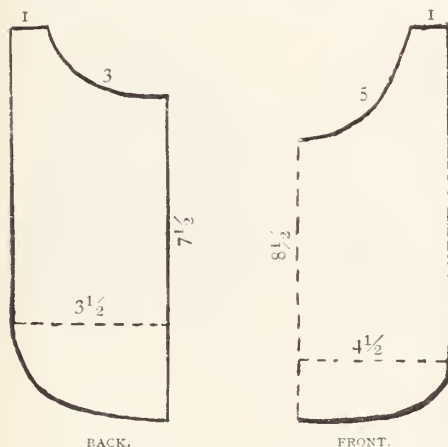
# BABY'S WARDROBE.

## Cambric Bib.

BEFORE cutting the front part of the bib lay the cambric into fine plaits at the centre, fasten-



ing down with a tab at the waist-line, below which the plaits fall apart. Finish off at the



edges with Torchon or crocheted lace, set on under a narrow fold of the cambric, decorated with feather-stitch of coarse white embroidery cotton. A narrow satin ribbon drawn through the tab, which is made of the lace sewn foot-to-foot and

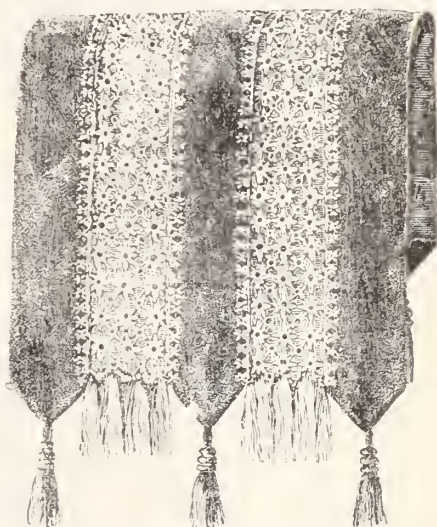


rounded at the ends, serves to hold the bib in place. Close with a button at the neck. We have in former issues presented patterns of crocheted lace which would be very suitable for

edging the bib above described, and illustrate another pretty and simple design. It is worked in four rows.

## Summer Carriage-Cover.

OUR illustration presents a novel, pretty, and light summer cover for Baby's carriage. It consists of alternate stripes of velvet and satin



ribbon, the latter serving as lining for the crocheted insertion of écu linen. The stripes are nearly four inches wide. If it be desired to make the quilt wider, two additional stripes may be added. The insertion, which consists of small rosettes and rings, each begun independently from the centre and joined together while working the last row, is crocheted as follows:



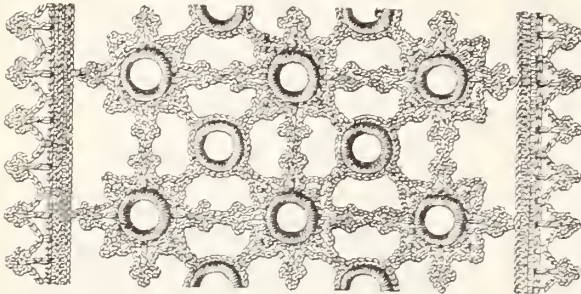
FIG. 1.



FIG. 2.

For each of the rings (which form the centre of the rosettes) wind your thread about six times around a lead-pencil, draw it off, and, as shown in Fig. 1, crochet around with 23 half-stitches, making a picot of 4 chains after every 7 stitches, hence in all 4 picots. For the rosettes crochet

according to Fig. 2, as follows: 1 tight stitch into the second of the first 7 half-stitches on the first row, then \* 3 chains; 1 plain into the 4th of the 7 half-stitches, 3 chains; 1 tight stitch into



the plain, 4 chains; 1 tight stitch into plain, 3 chains; 1 tight stitch into plain, 3 chains; 1 tight stitch into the 6th of the 7 half-stitches, 3 chains; 1 tight stitch into the 2d of the 4 picot chains, 4 chains; 1 tight stitch into the 3d of the 4 picot chains, 3 chains; 1 tight stitch into the 2d of the next 7 half-stitches. Repeat 3 times as from \*. The illustration of the insertion shows how the rosettes are joined while working the picots on the last row just described. The small edging at either side begins with a row of chains, while working which the rosettes are taken in at the proper intervals. Work two rows of half-stitches back and forth before crocheting the picots, which are made to correspond to those on the rosettes. The ends of the crocheted stripes are ornamented with fringe about four inches deep, while the velvet stripes are pointed, and decorated with a tassel of color to match.

#### Protecting the Cotton-Batting Pad.

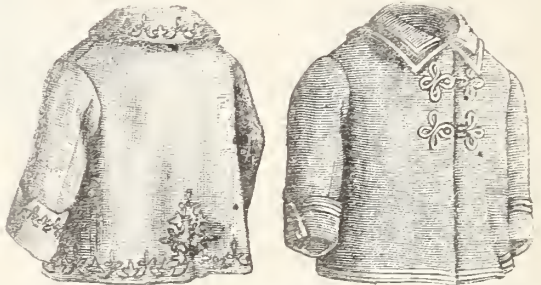
I THINK few mothers know of the easiest way to keep a cotton-batting pad clean. It should be made of just the proper width and length to slip into one's ordinary pillow-cases. These neat covers are always at hand, are smooth-fitting, and the pad thus covered is the size most convenient for use. It will be found just the thing to make Baby's high-chair, cab, or hammock more comfortable for him; it will protect the lap when the child is bathed, or the bed-spread when he is laid

C. B.

down for a nap, etc.  
*Minneapolis, Minn.*

#### Flannel Sacque for Infants.

THIS pretty little sacque may be cut after the diagram given for crocheted sacque in the May number. It is made of white or colored flannel,



trimmed with a pattern worked in outline-stitch or with narrow worsted braid, as variously shown in the two pictures.

## THE MOTHERS' PARLIAMENT.

### A Test for a Husband's Chivalry.

*To the Editor of BABYHOOD:*

My husband is on the ocean, on his way to England on a business trip, and I naturally scan every bit of steamship news with more than usual anxiety. The reading to-day of the collision between the *Celtic* and *Britannic* has called up some very strange sentiments within me, and in my loneliness to-night, with my one and only small chick safely deposited in his nest, I cannot resist the temptation to gossip a bit with my

large though unknown sisterhood whose contributions to the "Parliament" are so welcome to me every month. What I have to say may appear rather odd, and not especially related to the care of babies; yet I hope space will be accorded for a little discussion, for I am curious to know what ideas others may hold, and whether there are many others who have proved, in a few short years, as fickle to their own professions as I have.

All I want to ask is this: What relation, in an hour of great danger, does a husband and



father sustain to ladies other than his wife, in the matter of risking his own life in their behalf, merely because they are of the weaker sex, especially when he has one or more children?

Before I was married I carried on a *very* animated discussion with my lover—so animated that some things were said on both sides which cause anything but pleasant recollections to obtrude themselves sometimes—because he had on a certain occasion refused to aid in saving a lady from drowning at a beach where he was bathing. On his telling me of it I upbraided him rather severely; for to me, in my school-days, nothing was so charming in a man as “gallantry,” and nothing so contemptible as the absence of it. He was not a good swimmer, and claimed that, had he attempted a rescue, both would inevitably have gone down; and he was the sole support of a relative. I had no patience with him for not at least making the attempt, and claimed that if he had not succeeded he would, at any rate, have died in a noble cause. He was so coldly philosophical in his way of looking at it that it annoyed me greatly, for it shocked my high ideal of manhood. Yet it would be wholly unlike him to allow a particle of suffering to exist which he could by any means alleviate, and I could not help respecting his view, knowing it to be honest and held with the best of motives; but I was “convinced against my will, and of the same opinion still.”

Now, as I read of the excitement and suspense during this terrible collision in the fog, and how some respectable men—gentlemen—made an effort to get into the life-boats before the women, until stopped at the point of the captain’s revolver, how all our conversation and arguments come vividly before me with intense meaning! My husband was evidently chagrined at my words, and possibly somewhat altered in his views; anyway, by a sort of silent mutual consent, we have generally avoided that and similar subjects ever since. But *now* how I wonder what his sense of “gallantry” would lead him to do if, before his ship reaches the other shore, a similar fate should befall him! And what would I have him do? He is my all. I am an orphan. All we have laid by would only, in case of his death, support me and my little one until I could turn my hand to some self support, even if my health permitted. Yet would it not be shocking to read of a disaster at sea in which Mr. — figured as the leading “coward,” taking the only remaining life-preserver in the presence of two helpless women—or some other such thing? And yet what would be *his* feel-

ings on adopting the other course and sacrificing the only possible means of rescue, in favor of some person who was nothing to him, merely because she was a lady? What would his last visions be of two individuals in a quiet little home in Pennsylvania?

I feel that I would like, once for all, a defined idea on this subject, that should be firmly grounded and always ready for an emergency, that there might be no uncertainty of sentiment or action. Will not some one help me? I would much like to have ready for my husband, on his return, a page or two of our pet magazine with counsel from some older and wiser heads than ours. S. C. E.

*West Philadelphia, Pa.*

### German Kindergarten Nurses.

*To the Editor of BABYHOOD:*

To those who are going abroad with the intention of bringing home a German nurse I should like to offer a word of caution.

“It is so nice to bring one right from Germany, possibly from a kindergarten where she has learned to amuse children; in any case from her own family, where she has had home-training and cannot have contracted the bad habits so quickly acquired by foreigners coming alone to this country,” remarked a lady who intended importing this perfect being. This sounds well, and before investigated would seem a most rational course. If the right woman can be found it is undoubtedly better to bring her from a home that is all it should be than to take for the care of children one from the floating population of Germans in this country. But here lies the snag. Mothers all know how difficult it is to get a really good nurse anywhere; and that the position of nurse is a difficult one cannot be denied, for parents demand that especial care shall be taken of what is to them the most precious of all their possessions.

In Germany it is easy to get a nurse well recommended by families and instructors, but to adapt her to the standard demanded by an exacting American mother is a heroic task. I hear the question asked, “How can that be in a land where nurses are trained in kindergartens?” Yes, kindergartens without limit exist; and, with all due regard for what their mission may be to young children, they certainly assist in putting a large number of incompetent young women in the market as nurses and instructresses.

Girls who wish to take care of children may



be divided into three classes: First, *Kindermädchen*, girls of a rather low order, not considered desirable for the care of children; secondly, *Kinderpflegerinnen*, girls that have studied at kindergartens, but only to a degree, and are willing to undertake the full charge of children and of their own rooms; thirdly, *Kindergärtnerinnen*, beings of a superior order, who, after a year or two in a kindergarten, graduate with voluminous diplomas which testify to their ability to instruct and amuse children. These young women, while they will wash and dress the children, will not even dust their own apartment.

Any girl who has spent a year or even a few months in a kindergarten expects to be called "*Fräulein*" wherever she goes; but, with all the pretence of training, these girls have very little real knowledge of the needs of children. One great trouble in Germany is the question of wages. The ordinary *Kindermädchen* is paid, at the highest, twelve marks—or three dollars—a month, often only two dollars; but as soon as a girl has attended a kindergarten, even for a short time, she expects twenty-five or thirty marks—the vast sum of six or seven dollars—a month. Is it strange they come to America?

Now, there are many middle-class families in the German cities who have numerous daughters, all of whom must support themselves. These daughters, after a slack home-training, go, some for a shorter, some for a longer time, to the kindergarten, that they may at least have a chance to earn thirty marks a month. Before they go to the kindergarten they have either never been with children at all or have had partial supervision of younger members of their own families, which has been found to be worse than no experience; and the result is that after their kindergarten apprenticeship they apply to families for places, with very meagre qualifications either as teachers or as nurses competent to undertake the bodily care of younger children. In regard to the latter care—or, as the Germans say, *körperliche Pflege*—they are particularly deficient.

As illustrative of certain difficulties likely to be met with in looking for a nurse in Germany, I will quote some of the experiences which a friend of mine recently had in that country. Last September she determined to pass some weeks in one of the German cities, and secure for her child of two-and-a-half years a German nurse to accompany her to America. The child already spoke German fluently, but had, through the summer, been under the care of a clever

Swiss girl. Several German friends were consulted, all of whom knew of excellent girls who would have gone had the distance not been so great, or had it been the year before, or had not some other equally weighty reason interfered. Finally it was decided the best course would be to advertise. This procedure brought many, varying in age from fifteen to fifty years.

From among them all a well-appearing, intelligent girl of five-and-twenty, of whom excellent written and verbal references were obtained, was selected to come on trial. On the appointed day Mrs. H. presented her to the active, forward, but hitherto entirely manageable American child. To initiate the new nurse Mrs. H. prepared the little one herself for bed, and washed and dressed her on the first morning. On the second morning powerful cries of indignation aroused the inmates of the *étage*. These cries were found to proceed from a pair of rosebud lips that were usually wreathed in smiles at this hour. The owner of these lips sat in her bath-tub, uttering scream after scream, both legs spattering water in all directions, while two chubby hands were doing their best to prevent the attempts of the nurse with the sponge. These attempts were about as scientific as those of an uninitiated scrub-girl on a delicately painted door. Even the mother's interference was at first of no avail. When, by dint of stories and careful handling, the little girl became somewhat quieted, Mrs. H. suggested washing her face to the nervous, despairing girl. Having quite lost her head during the crying, she now began to rub soap on the sponge preparatory to applying it to the child's face. It may here be remarked that, with the inexperienced, soap stands in much higher favor than water; in fact, if you watch them rub it on the sponge, you would suppose water to be but a minor accessory to the process of ablution. From the moment of the first bath little Margery seemed seized with a fit of contempt for her new nurse, whose approach with either sponge or brush was a signal for rebellion. Before a week was over the enthusiastic German girl was converted into a depressed, red-eyed, spiritless creature, who confessed that she trembled when obliged to touch the child, and begged only to be released from her agreement.

Number two was not much more of a success. The bath progressed better, but the meals often would have remained untouched had not the mother interfered. Never a hearty eater, Margery had been used to having small pieces of bread put into her soup under the name of

fishes. Her interest being thus aroused, the next step was to catch them and put them into her mouth, and by the time this was all accomplished the soup was gone and she had eaten without having realized it. But when the German woman set her down, put a whole half-roll into her hand, said, "Eat," and then lapsed into silence, the child thought that looked altogether too much like a business of eating, and would not touch a thing. Mrs. H. explained that stories and merry talk would go a long way with the child, and that tact only was necessary. But the nurse could not grasp the idea. Eating meant, to her, eating, and stories and conversation were quite out of place at table. The mother got tired of superintending each meal, and, as matters did not improve, number three was brought into requisition.

The meals now went a little better, but the daily walk in the park much worse. The child said the nurse did not play with her, and, as a result, she sat down in the dirt and refused to move. Many an afternoon the heart of the mother was torn by the appearance of the tired nurse with the heavy, weeping child in her arms. She was told she must not carry her, it was establishing a bad habit; but the reply was that the child would not stir an inch on the homeward journey if left to come on her feet. To the parent this seemed incomprehensible, for with her or with the Swiss nurse Margery never acted thus. Sometimes the mother would go out to meet them, and witness from afar the conflict between the two. As soon as mamma appeared in sight Margery would give her hand to the nurse and walk home obediently.

Why was all this contrariness? Simply want of tact, want of understanding of the child's nature. Here was a little girl who would remain all day with her parents and not once complain, while ten minutes with these nurses would transform her into a small-sized fiend. They rarely attempted to amuse, much less to teach her.

The second one, having had a particularly long kindergarten training, was asked to hear Margery say her letters, which she had formerly been able to do, but after fifteen minutes' attempt Fräulein gave up with the remark that the child was too young as yet to be taught. Not one of four nurses could make the child say more than A, B, C; but after they had desisted from begging her, she might have been heard quietly repeating the whole alphabet for her own edification at another end of the room.

The kindergarten young women brought

blocks and variegated balls for her amusement, but left her to interest herself with them as best she might; they never even taught her the colors of the worsteds. In fact, no trace of a kindergarten training was apparent in their dealings with their little charge who, had not her mother kept her memory fresh, would soon have forgotten the names of objects and the many verses she had previously learned. After repeated trials a young woman was found who at least controlled her nerves in so far as not to allow a child of two-and-a-half years to cow her, and who, upon training, was found faithful and trustworthy.

These lines were written as a true account of one woman's experiences in bringing a nurse from Germany, and more particularly to show that, notwithstanding kindergarten instruction, a good nurse is as difficult to obtain there as in this country.

F. B. W.

*Worcester, Mass.*

#### The Constructive Instinct and How it May be Utilized.

*To the Editor of BABYHOOD:*

There is almost no occupation of the household that children over four years old, or even younger, may not share. The little broom and dust-pan, the miniature rolling-pin and scalloped pans, the wee thimble and the work-box or basket that every little boy and girl should have, might all be brought to their proper uses instead of lying broken and mislaid, as in so many nurseries. I know a little girl of five who can sweep out the corners more neatly than the parlor-maid; can dust carefully all the legs of furniture, and wash and iron her doll's clothes to suit a not-too-critical taste. She sews fairly well, and, after her own fashion, embroiders. This is an art she acquired with very little help. Sometimes she embroiders pen-wipers with the funny little over-and-over stitches she fancies to look like flowers; sometimes lamp-mats. And her patchwork is neat and straight. The secret of her joy in the work is that each thing has a use, and is made with a loving thought of some one's comfort. Recently her mother got some cheese-cloth for dusters. At once came the request, "Can't I help?" and the occupation proved a welcome novelty. The hems were basted down for her, very narrow, and with contrasting worsted she over-handed the edge.

Now, I do not say that these things will come easily to every child, but, as the occupations form a part of daily life for most of us, why not plant

the taste for neat and expert work while young? When the thread begins to snarl too often and the little face flushes with impatience, change the occupation or send the worker out of doors for a romp or a run.

A. E. P. S.

*Kingsston, N. Y.*

#### **A Remedy for Perspiring Feet.**

*To the Editor of BABYHOOD :*

Perhaps the readers of BABYHOOD would be glad to know how the trouble of perspiring feet can be overcome. I found, at bed-time, my children's feet were cold, clammy, and damp when they wore woollen stockings, and not so when the cotton ones were worn. I had knit, by a machine, at twenty-five cents per pair, long, black woollen leggings with a good ankle and instep. To this I sewed a broad, soft band to pass under the foot. Under these the children wear stout cotton socks and long underwear. The only parts not covered with wool are the toes and soles of the feet. Besides breaking up the excessive perspiration, there are other advantages of this plan. Not touching the body at any point, the stockings do not need washing so often, and keep their color better, and the dye does not rub off on to the skin. The cotton socks require much less darning than soft woollen ones, and, best of all, can be *boiled*. There is a period when children are too small for socks and too large for half-hose, but white stockings are always cheap, and it is well worth while to buy them and cut them off.

*Agricultural College, Mich.*

F. L. R.

#### **The Travelling Baby and its Comfort.**

*To the Editor of BABYHOOD :*

When my baby was a year old we left our home in West Florida to spend the summer on the New Hampshire coast, part of the journey to be made being by sea. My boy had been weaned two months previous, and how to give him his meals when travelling was a problem puzzled over for many a day. His bill of fare, for which I am indebted to studies of BABYHOOD, was, for breakfast, cambric tea and milk toast ; dinner, boiled rice and milk, sometimes varied with oatmeal, hominy, or tapioca ; supper, cambric tea and a cracker or piece of bread. This was all he had, except a glass of milk after his bath at about 10 A.M. At night he had only a drink of water, if he waked, which was seldom. All simple enough, but a short journey two or three months before had convinced me that fresh milk was an impossible thing in travelling, and rice, if ordered, was brought to

me half-cooked or else as a sticky mass that would have almost turned the stomach of anything human. Evidently Baby would have to depend upon my lunch-basket for his "daily bread," so I set about preparing it with a view of anticipating every want.

First I put in a large bottle of boiled milk and about a pound of fresh crackers, and for an emergency a can of Eagle brand condensed milk; also some rice well washed and dried, ready to be cooked if needed, a little granulated sugar, some fine salt, and a bottle of pure rain-water. This constituted the larder. For the medicine-chest I put in a small bottle of paregoric, one of syrup of ipecac, and one of Pond's Extract ; this last was to allay irritation from mosquito or flea bites, there being, as I knew to my sorrow, more than a sufficiency of these lively insects at every stopping-place in the South during the summer. When needed, and where it was possible to get milk, I had the bottle well scalded and filled, taking the precaution to have the milk boiled, partly because it would keep better, but more especially because I knew that stale milk would not boil without curdling ; in this I could feel assured of its freshness. When I could not get rain-water I filled the bottle with melted ice, taking care not to give the water to Baby when very cold.

It was troublesome carrying so many things, but I felt repaid for it when I got on board the Savannah steamer, for I found that among thirty children who were passengers, more than half were suffering from bowel-troubles brought on by change of water and milk or other improper diet. Two mothers came to me begging for some of my boiled milk, evidently thinking that the steward of the ship was showing undue partiality, until I told them that I brought the milk with me and he was only keeping it on the ice for me. Their babies, they said, would not drink the condensed milk. Glad as I would have been to relieve them in their difficulty, yet I could not rob my own little one for a possible benefit to theirs. All I could do, and did, was to advise them to go to the steward and get a generous spoonful of condensed milk and dilute it with warm water. This they did, and the children apparently enjoyed the change from "diluted water" to something that looked and tasted like milk.

I was surprised that among so many mothers travelling with little children none had provided any playthings—"they were so much trouble to take care of." So they are if you have expensive or elaborate toys, but there are

plenty of things of little value that, if lost, one need not lose any sleep over and yet will amuse a child. The few old things I carried furnished amusement for all the little ones on board. My husband sat on the cabin-floor nearly all one morning with a dozen children around him playing contentedly with a half-dozen large, colored glass marbles, a worsted ball with a rattle in it, etc. Endless ways of amusement can be devised for young children if papa and mamma would but put on their "thinking-caps," instead of one going off to the smoking-room and the other yawning over a novel, leaving the children to amuse themselves and torment the rest of the passengers.

One of the necessary things in travelling is a folding seat for the closet. A little child is frightened by being put down on a large seat, and, apart from the difficulty of holding it securely, the fear of falling defeats the very purpose for which it is put there. This little article is so convenient and such a saving of time and patience that no mother who has once experienced the comfort of such an arrangement will regret the small trouble of carrying it. My husband made mine from a smooth, white pine board of about half-an inch thick. It is made in two pieces, joined together with two strips of canvas—pliable leather would do as well—and can be folded and strapped to the outside of a valise.

Another practice that I observed to be almost universal is that of giving children candy, cakes, nuts, and raisins to keep them quiet. Why, a grown person could not readily digest the quantity of stuff that I have seen one small child devour in a single morning! Is it any wonder that such a child is fretful and will not sleep at night? Several times I have taken candy and such things from my baby and thrown them away, even at the risk of offending the giver. In fact, almost everywhere I was last summer, people thought me unnecessarily particular about my baby's diet; but with *BABYHOOD* to back me up in my course, I felt secure, and after three months of travel I think the result speaks for itself. My baby gained five pounds, cut five teeth—four of them double ones—learned to walk, and was perfectly well and happy all summer. So much for my experience and observation, which I trust may be utilized to some practical advantage.

*Appalachicola, Fla.*

BESSIE RUGE.

#### Punishment for Disorder at Meals.

*To the Editor of BABYHOOD :*

I consider a child's habits in regard to table decorum of great importance, and for any wil-

ful disorder I have established the penalty of going without dessert ; making the punishment only for transgressions at table, and not for faults committed at other times. I have found it of better effect than sending my children away from table, as I desire them to be regular in their habits of eating, and do not consider it wise to make them go hungry by way of punishment. As for dainties and extras, they prize them doubly when gained by good behavior, and they suffer no serious consequences in being deprived of them.

M. F. B.

*Omaha, Neb.*

#### Baby at Table.

*To the Editor of BABYHOOD :*

Ever since my baby has been old enough to sit up in his high-chair he has "gathered around the family board" with us, although his chair has always been a little distance from the table. It was a strict rule with us from the beginning that articles of table use should never be given him as playthings, so that now he sits contentedly munching his cracker or Graham waferette, and it doesn't occur to him to tease for the shining cover of the sugar-bowl, or the apples or oranges on the sideboard. I have always given him his meals in a china bowl, and once, when that was placed upon our table by mistake, he clamored for it vociferously, showing that he is not lacking in powers of association or habit.

He is a very quick, active little fellow naturally, and it is a wonder to our friends that he is such an unusually well-behaved child at the table. With all due appreciation of my baby's natural and inherited virtues, I give the credit of his good behavior to his firm papa, who not only laid down the good rules, but succeeded in carrying them out.

Whenever our boy has shown ill-nature at the table we have quietly turned his chair back to us, and paid no further attention to him until we hear the little voice pleading sweetly, "Please, mamma!" and we know that in very truth he is trying to "please mamma." He very quickly learned by this method that he gained nothing by his ill-humor, and lost much, and he was bright enough to draw his own conclusions.

H. E. W.

*Portland, Me.*

#### A Remedy for Nursing Colic.

*To the Editor of BABYHOOD :*

The letter in the April *BABYHOOD* from "A.," St. Louis, in regard to colic accompanying nursing, arouses my sympathy, as I had the



same trouble with my little five-months-old girl. I will give my experience, hoping it may be of use to "A." Baby was troubled with colic frequently at nursing, and I could not account for it, as she seemed perfectly healthy. I was on the point of speaking to my physician about it when I found the cure in this way: Having some trouble with my breasts for a time, I used a nipple-shield and noticed that Baby's colic had left her. On discontinuing the use of the shield the colic returned. So since then I have always used the shield to begin the nursing with, and have had no more trouble. I let her draw the milk through the shield for three or four minutes before giving her the breast. This quiets her hunger a trifle, and she then drinks more slowly and without getting into trouble.

I have never used the shield at night, and Baby has only been bothered once by the colic, presumably because she is too sleepy to drink fast. I found it necessary to punch an extra hole in the rubber nipple. B.

*Flatbush, N. Y.*

#### Unpunctured Nipples.

*To the Editor of BABYHOOD:*

In reply to "G., Hartford, Conn.," in a recent number of *BABYHOOD*, I would say that she (or any druggist for her) can procure whole nipples by sending to the Davidson Rubber Co., Boston, Mass., manufacturer of the Davidson Nipple. J. G. L.

*Newton, Mass.*

#### A Plea for Baby's Dinner.

*To the Editor of BABYHOOD:*

I do not question the merits of any of the substitutes for mother's milk of which we see conspicuous advertisements in nearly every periodical and newspaper of the day. Doubtless all are good and worthy of trial to the mother who is so diseased or destitute that she cannot nurse her infant. But, Baby's young mother, before you decide you must depend on these substitutes for your little one's first food, won't you, for Baby's sake, and your own sake as well, make a long and brave attempt to follow nature's way?

I do believe that two-thirds of the bottle-fed babies necessarily need not so be nourished. A milkslop-fed baby fifty years ago was rare. Mother Nature made abundant provisions for the needs of her new-comers; why not now?

Fashion, selfish caprice, and lack of grit have as much to do with nursing-bottles as physical inability in the young mother to nourish her infant

from her breast. We do know of society-loving young mothers who deliberately dried up a generous and healthful fountain of milk because they wanted to escape the confinement and cut-off from late hours out that suckling their baby would necessarily cause. Others resort to the bottle and its cold—perhaps sour and mouldy—rubber tubing and nipple because they believe such an arrangement for Baby's dinner will favor the possibility of more work and less baby-tending for themselves. While others, by reason of a scanty flow of milk, or the torture that a hungry, merciless baby can cause cracked and canker-eaten nipples, are honest in their decision that their little one must be a bottle-fed baby, when wise forethought and patient persistency would have secured for the child generous breast nourishment without any risk or bother, and for the mother exemption from all patent milk-slops, and the anxiety and trouble that closely follow in the wake of such a diet for the precious, tender new-comer.

More than this: the nourishment decided upon for Baby Number One is apt to be the food for all the babies that later may follow into the same home. So what a brave effort every young mother should make to nurse her first-born, taking courage from the fact that nearly always the flow of milk is more abundant and means less suffering from caked breasts and sore nipples with every succeeding child, if the mother is healthy and exercises reasonable care and forethought. I write from experience.

When Baby Number One came to us he brought in his train a wretched, tortured time, with bleeding, canker-gnawed nipples, that through sheer ignorance had had no toughening for their work. Every dinner for Baby meant agony for me; so I shortened his meals as much as possible, until one swollen breast resented so little drawing and gave me a terrible, seven-weeks' siege with a broken breast.

But when advised and strongly urged by nurse and friends to give it up and drop into the ranks of bottle-feeding mothers, the combativeness that is in my make-up said, "I can't and I sha'n't, so long as this precious cherub can get a quarter of a meal from nature's source."

Don't give me credit of enduring and suffering all this for Baby's sake alone, for I did not. Always in mind was the dreadful worry and bother and sleepless vigilance that a nursing-bottle costs; the raids after sweet-milk slops, and the rows with those inadvertently given sour; the night-routing to warm Baby's luncheons, and the task of keeping such dinners sweet and cool

when the thermometer was up in the nineties and no ice-chest, or possibility of one, on our premises; the bother of packing bottles, and supplies of milk, and lime, and arrowroot, and oat-meal, and pepsin whenever and wherever Baby was carried beyond the precincts of home. And then, all the time, there was the dreadful responsibility of getting these dinners of Baby's just right—temperature, quantity, constituents, sweetness of bottle and tube, everything *just right*. No, I couldn't do it. I wouldn't undertake such a work that might be repeated again and again, for weren't there fourteen blank lines on the smart page headed "Births" in our big family Bible? Just so long as there was any nourishment at all for Baby he must gnaw and pull for it, and, in time, canker sores would heal, raw creases film over, wicked cracks mend themselves, and the flow of milk become greater.

Persistence did even more than I dared hope. Baby Number One was nursed till eighteen months old, and up to nine months derived at least two-thirds of his nourishment from the breast. Baby Number Two required very little artificial food, but now and then would drink offered milk. A nursing-bottle she never suckled.

Baby Number Three thrived like a healthy little pig on her generous meals, and when nine months old had never needed or taken other food; and if the remaining eleven blanks on said page should, in the future, be filled, I predict the new-comers would have no need of nursing-bottles or artificial nourishment.

If a prospective young mother would elude miserably suffering with sore nipples, let her toughen the tender, thin folds of skin, that too often crack and bleed when chafed by Baby's hungry, strong-sucking lips, by bathing and rubbing them twice a day for several months before Baby comes with very strong alum-water.

Possibly a breast-fed baby does demand more tending than one who takes his cheerless meals and starts off on his naps, tucked away by himself, with a cold, ragged rubber teat in his mouth and no soft, warm resting-place for the little drowsy head. But when bowel troubles threaten, or the child's age requires more solid food, or journeys must be taken, how safe and thankful that mother feels who is not dependent on artificial food, but can regulate her little one's diet and bowels often, as she will, by caring for her own diet and cutting down to breast-milk until the threatened danger is past, gradually and safely getting her little folks on to ground where solid food for them is safe and well.

And then only think of the lazy, sleepy rests and solid comfort the baby loses who is shrugged off to dream-land all through its blessed babyhood without a cuddling on its mother's warm breast, against which Baby so loves to lay its soft cheek and poke his tiny nose and fists, and drop away to sleep with mother bending close over him.

None of this, but the bottle-fed baby must content himself with a mouthful of tattered rubber, that spirts the milk down his throat so fast it chokes him, sour, lifeless, or sickishly sweet milk, perhaps, at that, and then go to sleep with a cold-cheeked bottle tumbled against his face or across his throat. O P.

*Madison, Me.*

### Trying Moments.

*To the Editor of BABYHOOD:*

My first baby was not two years old when the second one arrived, and after four weeks I was left with the care of both, feeling as helpless as most young mothers do in that situation. There were many trying times, but one of the worst was Baby's bath-time. "Little sisser" always wanted to be present, and there was often no one for her to stay with. Then, too, it did seem rather hard on the little one, who had been accustomed to look upon mamma as her special property and constant companion, to be excluded for the new baby's sake. So she was admitted to the room; but oh! the temptations of that hour. That fascinating baby-basket, with its shining powder-box, dear little pins, and cunning brush and comb! "No, no!" and "Mustn't touch!" had only a momentary effect, and even being allowed to hold one article at a time did not suffice to keep the eager fingers out of mischief. Then, too, the close proximity of water and soap, to say nothing of the attractions of that wonderful baby, were too strong a temptation for the little spectator, and while I was struggling to manage her and the baby at the same moment there would be a grand catastrophe—the powder would be upset, or the water spilled, or Baby's little, soft head hurt, and Miss Meddler would be put out of the room, when her screams, blending with the baby's, proved very distracting to my much-enduring nerves.

After many trials I hit upon a happy expedient. A big rag-baby (always in a convenient state of nakedness) was introduced to the bathroom, and Nannie was told she might give it a bath, "just as mamma does," if she would let mamma's things alone. The idea "took,"

and it was truly amusing to see the diminutive mother, provided with a tin pail, a little water, and a bit of sponge, going through the ablution with the minutest attention to every detail, washing and drying every portion of the "baby," talking to it, then wrapping it in a blanket, nursing it, and putting it to sleep. She was never allowed to "have dolly" except at that time, so the enjoyment was fresh every morning, and it lasted till she had learned the lesson not to touch, and was the means of saving much trouble and temper for both mother and child.

A E. P.

*Huntington, N. Y.*

### Do You Know Your Nurse-Girl?

*To the Editor of BABYHOOD:*

A young lawyer, taking a short cut to dinner one hot summer day, passed through a disreputable street plentifully supplied with grogeries and second-hand clothing-shops. In front of one of the latter he saw a stylish perambulator, well furnished with such fleecy robes and embroideries as are lavished upon the children whose fathers can (or cannot) afford it. But from the midst of the luxury came wails of agony, which touched the sympathetic heart of the lawyer, who was a father of a few months' experience. As he drew near to investigate, what was his horror at beholding his own child, whose beloved face, totally unprotected from the sun, was red with heat and ineffectual struggling. The father adjusted the baby and the baby's parasol, quieted its cries, and, realizing that Nora Flannigan, the nurse, must be near, he withdrew to wait her appearance. He waited fifteen minutes. Then, with great anger swelling his breast, he trundled his first-born home, leaving Nora to endure the shock of an apparently lost charge as best she might. It is needless to say that Nora resides no longer under the roof of the young lawyer.

Another case: A "tired mother" with her fifth child entrusted it to the care of a good-tempered, strong young girl for daily fresh air. One day Baby and nurse were both taken sick with similar symptoms. Nurse was sent to her mother for care, because two sick people were too many for that busy house. In a few days two well-developed cases of small-pox alarmed the respective homes. Fortunately, the end was not tragic, but there were many weeks of quarantining—father deprived of business, children of school, all of society, besides the awful anxiety and suspense consequent upon the presence of

the loathsome disease. And this, with attendant expenses of sickness to two families, because a thoughtless girl called with her infant charge next door to a case of varioloid.

If the columns of *BABYHOOD* were not so full I could give the harrowing details of a more serious case, where a girl, left alone with a year-old charge, dropped it over a balcony to the stone walk below, crippling it for life. From this cause to-day a little New York boy, beautiful of face and bright of mind, is at thirteen not larger than ordinary children of seven, and carries his poor, crooked form in an appliance which probably ameliorates but can never cure his misfortune.

Instances like these might be multiplied indefinitely. And they go conclusively to show the unwisdom of trusting our children to children of a larger growth. A great deal is said nowadays about the ante-natal influence of a mother over her child, and many a mother lives by rule during the months preceding her infant's birth; yet no sooner does the little stranger reach a few months of age than, in numberless cases, it is put into the hands of an ignorant, half-trained, or not-at-all-trained girl, to be treated (when out of sight around the corner) as best pleases her.

MRS. GEORGE ARCHIBALD.

*Elmira, N. Y.*

### Mothers and Baby-Carriages.

*To the Editor of BABYHOOD:*

The writer of this article was never a mother, but has eyes and uses them; and with her pen will record, without exaggeration, what she has observed where the mothers were more than ordinarily intelligent—in a general way. The doings of mere nursery-girls will here be ignored.

A doctor's oldest son having seen with horror the evil results following the carelessness of nursery-girls will not "keep house," as he feels that his wife's first duty is to his children; to be rid of the nursery-maid, he sacrifices his "home comforts." Baby was a Christmas present, and on a sunny March morning mamma wraps him up warmly and tenderly, lays him upon the beruffled linen (?) covered pillows that cushion his wicker carriage! The sun looks so spring-like that mamma does not bundle herself up with the deep fur shoulder-cape that she has worn all winter, in deference to her husband's belief that a nursing mother's chest should be well protected from penetrating breezes. Her muff she must also leave at home, as she cannot wheel the perambulator and protect her hands at the same time.

Mamma goes toward the sun for a half mile and never gives a thought to baby's eyes, nor to the distance—it is so lovely! She turns at last towards home, and realizes there is a chill in the air. Now she meets several friends, and, pausing (glad of an excuse to rest), becomes conscious that the wind has risen since she came out. The journey home is a long one, and it is a long, weary time before baby has another trip; and the doctor has two patients, at home! He knows pneumonia and inflamed eyes when he sees them, also is conscious what a broken breast and weaned infant amount to; but he will never know what we saw, the ride in the "teeth of the sun," the chats upon the sidewalk, nor the fur collar left at home!

A neighbor's child was saved from the grave, as it were, by almost superhuman exertion upon the part of nurse and doctor. Its sickness was a second attack of cholera infantum, and its organs of digestion seemed to have been permanently impaired; in fact, the babe was threatened with chronic inflammation of the bowels, and mamma was ordered to "keep the child out-of-doors, in all sunny weather, as much as possible." Faithfully the infant was banded in its four-wheeled perambulator up and down the paved sidewalks, up and over curbstones and other obstructions.

Finally the mother tried to elevate the forward wheels from the street to the top of the ten inch curbstone by bearing down upon the handle-bar. She could just succeed in raising the wheels sufficiently to strike the curb, and they would slip back into the street with a thud that must have been the cause of the constant crying the babe kept up. *Fifteen times* she struck the curbstone with the forward wheels, and fifteen times the carriage slipped back with a thud! A man sitting by our window said: "That woman is a fool; she'll break the carriage all to pieces!"

"Break the carriage! What of that? The main consideration is, that, in that carriage lies the sick baby you have heard us speak of."

"What! Well there you see how much confidence you can place in a nursery-girl's judgment. I never would trust a child, well or sick, with a servant."

"But, wise sir, the woman who is battering the curbstone from the street, instead of going on further for a cross-walk, is not the child's nurse; that is Mrs. —, the loving mamma, if minus judgment."

"What!"

Let these instances stand; they are daily seen.

Manville, R. I.

K. S.



## THE KINDERGARTEN AT HOME.—X.

BY GRACE C. KEMPTON.

### SOLIDS CONTINUED.

"Nature furnishes the models and the laws for the natural development of mind."

THAT Froebel was truly inspired to the selection of means for the child's education one can scarcely doubt. The inspiration came assuredly from the sufferings which his sensitive organization underwent in feeling its way and searching for help toward the truths which it so sorely needed for its full development. One who knows anything of Froebel's child-life cannot but be touched by its pathos. The sensitive little boy, with his active brain and large soul, with no real mother-love to guard and protect him, no steady father's care to guide him, seems to have been almost with-

out earthly guardianship for a large part of his childhood. But in its stead he had great sensitiveness to all divine influence and was keenly responsive to its teachings, especially through Nature and Nature's laws.

Out of those dark, sad experiences the light which the man Froebel gave us grew. From his own hunger came his earnest appeal to us to nourish our little ones with all that we can find of the good, the true, and the beautiful. "Come let us live *with* our children!"\* has in

\* The common translation of this motto is, "Come let us live *for* our children," and so it was quoted on the first number of this series, as the correct version could not be found at that time in print. We believe the distinction will be quickly appreciated, and are glad to take this opportunity to bring it to notice.



it a fervor that could only be begotten from the loneliness of his own childhood.

During that lonely period there was one thing which gave him great pleasure. It was creation through building. He watched workmen for hours building a church, and then he built, and felt himself moved by the same large current in his insignificant work. For this reason his use of the solids seems particularly to be filled with sympathy and appreciation of child-needs, and seldom fails to fill the children with delight.

The second gift contained the first wooden solid forms; the third gift then divided one solid into equal parts; now the fourth gift divides the same solid into the same number of equal parts, but, by the difference in these divisions, the parts are different in form.

The cube of the fourth gift is cut once through its height and three times through its

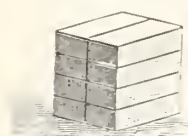


FIG. 1.

thickness, making eight oblong blocks, each two inches long, one inch wide, and half-an-inch thick (Fig. 1).

Its points of similarity to the cube of the third gift are size, form, and material,

also the numbers of its parts, while the difference in each part forms a contrast.

A good introduction of this cube is made under a thin, close covering. Great interest can thus be aroused, and if the covering be sufficiently light and the fingers sensitive the cracks may be discovered, creating a great desire to behold the cube unveiled.

As Froebel teaches that unconscious should precede conscious work, the child may be left to find out through his own activity what he can of the bricks. That he may compare this gift with the third, he should play with them together. Very slowly he will be led into the discovery of the equal quantity of wood contained in an eighth of each cube. To illustrate this distinctly he should make a "brick" from a clay cube, dividing the cube into halves, and, by joining the halves by two narrow faces, form the brick.

Experiments as to the comparative capacities of each cube should be developed. Out of which gift can the greater height be obtained? Which gift can enclose the greater space? What length can be obtained from both gifts? How far these points of development are carried must depend always upon the condition and age of the child. The questions possible for investigation are very many, and can be

drawn out sufficiently to employ the mind of an advanced kindergarten pupil for weeks of lessons occurring at intervals of four to eight days.

After a few lessons of play to develop the comparison of the two gifts, the third gift may be laid aside while the fourth gift alone is used. The child is initiated by direction and invention



FIG. 2.



FIG. 3.

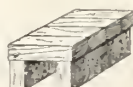


FIG. 4.

through similar series of forms to those with the third gift. He builds first forms of life, then forms of beauty, and then repeats all that he has learned with the third gift of the forms of knowledge, adding new points as he advances and is able. He divides the cube into halves in two ways—through its height and through its thickness (Figs. 2 and 3). He divides it into quarters and into eighths, comparing each result with the same division of the third gift. As he advances, the lessons in fractions may be continued to an advanced point with the two cubes in combination.

A long, low tunnel (Fig. 4) illustrates one form of life. The directions would be as follows: Place the cube upon the table three inches from the edge, with a cut from back to front. Take the right-hand brick, place it upon the table four inches away at the right, upon a long, narrow face, and lying from front to back. Take the left-hand brick and place it on the table, upon a long, narrow face, one inch from the one first placed, and *parallel* to it.

Take the next upper right-hand brick and place it upon the table behind the one first placed, and touching by a short, narrow face. Take the left-hand upper brick and place behind at the left, touching the second brick placed by a short, narrow face. Place the next right-hand upper brick over the top of the tunnel, just in front, and lying on its broad face. Place the left-hand upper brick behind, lying in the same way, and touching by a long, narrow face.



FIG. 5.

Place the next right-hand brick over the top, lying upon a broad, long face, touching by a long, narrow face; the last brick at the back in the same way, and the tunnel is completed.

To carry the mental development along with

the use of the hands, the idea and purpose of a tunnel may now be drawn out from the children and then enlarged upon. What passes through a tunnel, and for what reason? How are tunnels made? etc.

The directions for the chair (Fig. 5), door-



FIG. 6.



FIG. 7.

way (Fig. 6), and gateway (Fig. 7) can easily be formed by a little experimenting with the cube itself.

Of the forms of beauty a number of series may be made by proceeding from different starting-points.

Lay a four-inch square (Fig. 8) by the following directions: Place two bricks side by side, touching by long, narrow faces, lying from front to back on broad, long faces. Place two bricks at the right, touching the two first placed by



FIG. 8.

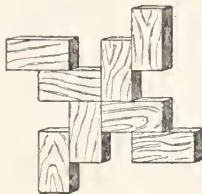


FIG. 9.

short, narrow faces, lying on broad, long faces from left to right; two behind touching by short, narrow faces, lying on broad faces from back to front; two at the left touching the last two placed by short, narrow faces, lying on broad faces from left to right.

Fig. 9.—Slip right-hand back brick one inch up; left-hand front brick one inch down; right-hand front brick one inch to the right; left-hand back brick one inch to the left.

The same directions followed a second time will give the position shown in Fig. 10.

Slip the right-hand brick one inch up; the left hand brick one inch down; the back brick one inch to the left; the front brick one inch to the right, and the position shown in Fig. 11 is obtained.

Turn the right-hand brick back so that it lies upon a broad face from front to back, touching by a corner. Turn the left-hand brick forward so that it lies upon a broad face from front to back, touching by a corner; turn front brick back toward the right so that it lies upon a broad face from left to right, touching by a corner; turn the back brick toward

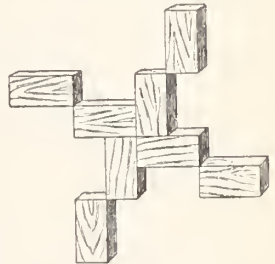


FIG. 10.

the left so that it lies upon a broad face from left to right, touching by a corner. There is now but one move for each brick to bring them back to the first position.

More directions in this line are unnecessary, as by following the laws and principles already famil-

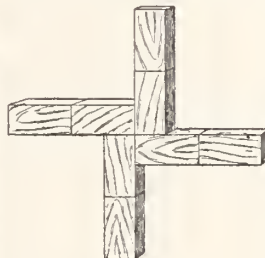
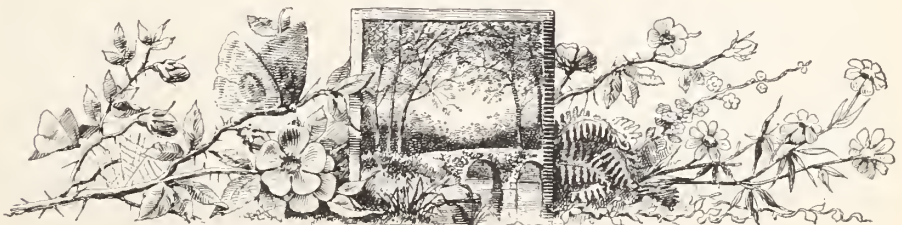


FIG. 11.

iar, from a given point through a series of forms, many varieties of figures can easily be discovered.

Every lesson with blocks should end with the cube itself placed by direction of each step or by general command.

When it stands quite neatly made the box is slipped over it from above, the cube drawn to the edge of the table, the cover slid under, and by a quick movement the box is turned and laid upon the table ready to receive the cover.



## HIGH-CHAIR PHILOSOPHY.



WALTER, aged four, has often been a delighted passenger on the new rapid-transit trains which have recently invaded our neighborhood, and has specially noticed a wide difference in quality of conductors in the matter of banging the doors shut at the various stations, calling the more noisy ones "loud" and the others "soft," and desecrating on their various merits, on his return, to every visitor whose ear could be corralled. The other day, as he was taking a trip, the train had stopped at a station and one of the uniformed officials came through the car. As he passed along, he and the passengers were considerably nonplussed as Walter's shrill little voice broke the silence by piping out distinctly: "Papa, is that a soft conductor?"—*M. P. D., Staten Island, N. Y.*

—A little Maryland cousin had a dog which, when licensed, wore the customary tag. Happening to hear marriage licenses mentioned, she expressed a great desire to call on a bride in the vicinity. When the lady appeared the child said in a disappointed tone: "Mamma, where's her tag?"

The same little girl, on seeing a picture of cherubs for the first time, remarked wonderingly: "Did those angels fly 'way down from heaven just to have their pictures taken?"

Little Nellie, aged two-and-a-half, on omitting her father in her prayer, was told to pray for papa as usual, and refused. Her mother insisting, Nellie said petulantly: "Well, do bless papa, for pity's sake."

A small friend of ours, about four, on being asked the name of his Sunday-school teacher, replied cheerfully: "It rhymes with hearse; guess it." We guessed Peirce, which proved to be correct.—*L. P. M.*

—My little Louise, just two-and-a-half years old, seeing a white horse which looked like her papa's, only larger, said: "Mamma, is that Kitty's grandma?"—*Y. Z., Marshall, Mich.*

—Our little Walter manufactures the most convenient participles for the occasion, whenever an uncertain verb gets in his way. This morning he was obliged to pick up a large number of buttons which he had carelessly upset from their basket, and after the task was done he jumped up and said, cheerfully: "Papa, now I've got 'em all puck up!"—*J. S. E., New York City.*

—In a primary school a teacher with a little class around her, composed mostly of French, was writing upon the blackboard the words she wished them to read. Hearing a sound and turning suddenly, she saw a little girl, with indignant eyes, pointing to a boy beside her, who explained in broken English that he had attempted to kiss her. To the teacher's remark, "Why, Napoleon! what made you?" the reply came with an innocent air, "I loves her; why shouldn't I?"—*C. E. B., Boston.*

—A little three-year-old girl of Bloomfield, N. J., was reproved for disobedience. On repeating the offence the father said to the little offender: "I have a strong inclination to spank you." Immediately the answer came back: "You can't, papa, for I'm sitting on it!"—*C. A. V., New York.*

—My four-year-old boy remarked confidentially to the cook the other day that he "would hate to be a chicken." "Why, Rob?" "Cause I would have to lay eggs, and I don't know how," was the response.

His little cousin gravely propounded this conundrum: "Father, if cows are cattles, why are not calves kittles?"—*W. F. B., Russellville, Ky.*

—Little Ray, aged five, asked her mamma what the handle of her little table-knife was called, and was told "mother-of-pearl." Quick as a flash Ray said: "Why, mamma, it must be Mrs. Sparks, then, for she is the mother of Pearl."

Doctor had recommended cod-liver oil for little Nathan, four years of age. Nurse said: "Nathan, if you will take your oil, that will help to make a big man of you." Just then Col. Peet, who is exceptionally tall, passed by the window, and on spying him Nathan said: "Oh! what a lot of cod-liver oil Col. Peet must have taken."—*Aunt Elise.*

—Little Helen, three years old, cut her thumb; she kept very quiet about it until it began to bleed, then she screamed: "O mamma, mamma! come quick, the gravy's all a-running out!"

This same little girl, with her papa, mamma, and little brothers, was spending one summer at her grandpa's. One day at dinner, grandpa, having so much larger a family than usual, was somewhat absent minded and waited on all except Helen. She sat quietly back in her chair and said very demurely: "Poor little girl! Poor little Helen!"—*E. J. H., Feeding Hills, Mass.*

—Little four-year old Josie was taking a bath one morning, when her nurse, patting her back, exclaimed "O you cunning little fat sealskin!" "No," she replied, "I'm not, for I am a bearskin" (bare).

Master Frank, aged six years, had constructed a dam in the front yard for his amusement. Just after, while eating and drinking at the same time, he coughed and choked, growing red in the face. While the others laughed he gravely remarked: "The bread made a dam in my throat so the water wouldn't go down."—*A. D. A., New Jersey.*

—For many years it has been the fashion in Germany for little boys from four to eight or ten years of age to wear the military *mütze*, or cap, and a toy sword. Our little Jack, while in Stuttgart, wore the *mütze* and sword, which, with his dark blue, close-fitting overcoat and white leather gloves, and his erect bearing and military salutes to his officer friends, added to the general military effect. One day while strolling about the city he met a mounted officer, for whom he made his best salute, and so successfully that the kind-hearted gentleman leaned way over on his saddle and returned it with pleasant dignity. When Jack saw this attention it evidently pleased him, and on reaching the hotel he ran up to his mother and said: "O mamma! I met such a nice officer; he was on horseback, and when I saluted him he leaned way over and returned my salute; and he really didn't know whether I was an officer or a little boy!"—*W. T. P., Newport, R. I.*

—Ear-wax and eye-lashes are among the most recent acquisitions to the store of knowledge of my three-and-a-half-year boy, and this is the way he tried to tell me that he noticed some stray hair hanging down over my ear: "Mamma, your ear-ashes—I mean eye-wax—I mean ear-lashes—ought to be bwushed back!"—*R. T., Brooklyn, N. Y.*



# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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VOL. III.

NEW YORK, AUGUST, 1887.

No. 33.

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WE were lately asked by a correspondent to "define BABYHOOD'S position in regard to candy." Our reply is that no candy is *good*. It is in all cases an unwise indulgence for the very young, and certain to be followed by more or less serious digestive disturbance. To children under four years it should not be given under any circumstances. In the case of those that are older, it is perhaps chimerical to hope that this view will be generally adopted. It is important, then, that those parents who *will* give it to their children should know how to use it so as to give satisfaction with the least discomfort—a matter not always understood. Especially does trouble come from its being eaten at unsuitable times or in improper quantity. Some parents treat candy as a sort of necessary evil. They give it to their children at irregular intervals, allow them to eat their fill at times selected by their own convenience, and meet the resulting discomfort with what philosophy they may. It then vanishes from the family-circle for a longer or shorter interval, to reappear in a moment of parental indulgence, with the old results. Now, although sugar is a pretty constant ingredient of children's foods, no one will seriously regard candy in the light of a food; and yet many thoughtlessly give it to children at a time near the regular meal hour, thus making it certain that the appetite that should await it will be sated in advance with cloying sweets. The loss of appetite that comes through such injudicious action is not the most serious aspect of the matter. Often through

persistence in such habits, a vicious circle is set up in which decaying teeth, sour saliva, and sour stomach are salient features. Having thus intimated how *not* to do it, we would suggest that the proper position of candy is in the dinner bill-of-fare. If children eat it *only* at dinner, and then at dessert, they will be satisfied with little, which, being taken with other food, will be digested without subsequent distress.

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The kind of candy given is by no means a matter of indifference. The simplest is usually the most readily digested. The "old-fashioned molasses" candy, being simply boiled molasses, is in general experience as harmless as is any. Next, perhaps, should come those uncolored candies which, so far as the uninitiated can judge, contain only sugar and an aromatic, like peppermint drops. Not considering the adulterated ones, there are a great number of candies made of many ingredients which become difficult of digestion in a rapidly advancing degree in proportion to their complexity—such as the "French" candies, fancy candies, candies containing nuts, tough pieces of dried fruit, cocoa-nut, etc. The variety of these (this or that maker's "best") seems to be almost infinite; their composition is known only to the manufacturer; their effect as creators of indigestions of various sorts is known to every one. A further matter of interest in this connection is the effect of the use of candy upon the teeth. One occasionally hears it stated that sugar is especially hurtful to the teeth of children, and that frequent indul-



gence in it is likely to result in dental caries. But this is an erroneous supposition, in which a not uncommon effect is mistaken for the cause. Rapidly decaying teeth, aside from constitutional weaknesses, are frequently caused by an indigestion, the result of altered mouth and stomach secretions. This cane-sugar brings about through fermentation in the stomach, by producing an acid condition that does injure the teeth. Serious mischief may in this way be effected. There is a general belief among physicians that the peculiar acidity of the stomach that is characteristic of rickets is much increased by the excessive use of cane-sugar.

"What an interesting family you have, and what pleasure you must take with such a number of little children," said a friend of ours recently to an excellent German woman whose surroundings gave every evidence of domestic happiness and success. Imagine the speaker's surprise on receiving the following reply, which is given *verbatim* and which was delivered with the utmost emphasis: "Leedle cheeldren! Leedle cheeldren! Oh, mein Gott, I am so seek of leedle cheeldren I don' know *what* to do!" She went on to tell how it was nothing but "leedle cheeldren" day and night, from one year's end to another; not a day nor an hour when some one of them did not need attention of some kind, often two or three at the same time, until the tired mother despaired of ever knowing or getting a glimpse of any other world than the one where she was walled in by "leedle cheeldren." The humor of the situation, which might have been apparent to any mother not wholly overwhelmed, was entirely lost sight of. It would be interesting to know how many of BABYHOOD's readers could plead guilty to being tired of their children at times, and it would be a good theme for some of the contributors to the "Parliament" to give their experiences in getting the most enjoyment from the companionship of even the most uncompanionable child or baby. For there can be no doubt that it depends almost wholly on the tact displayed by parents

whether a baby shall grow up to be a burden or a delight through its early childhood. The tendencies to restlessness, question-asking, meddlesomeness, and perpetual activity in one direction or another, might literally drive a mother of many cares insane if not held within control. It is amusing to find that, in comparing notes, we generally agree that with the baby in arms we looked forward with longing to the time when he "could run about and take care of himself a little"; and when the coveted day arrived we looked back and wondered we did not appreciate the time when he "could be laid down and left to take care of himself without eternally getting into mischief." There is a happy medium, which perhaps cannot be put into a written code, but which every day's experience teaches, whereby we may secure a maximum of enjoyment from the lives of our children with a minimum of trouble in caring for them. Probably no one would feel more keenly the loss of a single member of the family of midgets or find the void greater than the very mother above quoted.

It is as great a fraud to give a false title to a book as to label an adulterated food "pure" or to put "Paris" on perfumery made in Hunter's Point, and purchasers of so-called children's books often find to their sorrow that the children will have to look at the book a long time—that is, several years—before they will find anything in it adapted to them. One of this sort is a book recently published, entitled *Little Lessons for Little Folks*. Among the little lessons is one which states that a Rhizopod is one of the Protista, and that the forming of protoplasm of Protista, of plant and animal life from protoplasm, and of protoplasm from the elements, is called spontaneous generation; another little lesson tells how plants manufacture protoplasmic food for themselves from the primary elements, after these elements are combined into water, carbonic acid, and ammonia. Lest the little ones should fall into the grave error of supposing that their bodies are composed of flesh and blood and bones, they are treated

to a little lesson describing how they really are made up—viz., of oxygen, nitrogen, hydrogen, chlorine, fluorine, carbon, phosphorus, sulphur, silicon, potassium, sodium, calcium, lithium, magnesium, iron, manganese, copper, and lead. But we forbear “giving away” all the book’s good things, lest we infringe upon its copyright. Some pretty wise babies have been developed on this planet since the establishment of *BABYHOOD*, but we fear that any “little folks” who are lured by the title of this volume will find, to use a slang but very expressive phrase, that they have bitten off more than they can chew.

Though the baldness of the Baby will probably always continue to be a stock joke among the irreverent, it is by no means a joke to the innocent subject himself or herself, if it is of a hereditary nature. Baldness runs more or less in families, and children thus predisposed to it should receive special care in the direction of prevention. A lecture on the subject, recently delivered by Dr. G. T. Jackson, of this city, points out the importance of proper care of the scalp, recommending regular cleansing of the scalp with soap and water from birth, judicious use of the brush and comb, and avoidance of everything which may injure the scalp in any way. The lecturer recommends the use of the shampoo referred to once or twice a week, followed, after drying, by the application of sweet or olive oil, or some equally good unguent. As the growth of hair advances, what not to do becomes an important consideration, and wetting, twisting, pulling, or scorching the hair must be forbidden, as well as the use of pomades, on account of their liability to become rancid. Close-fitting caps and hats should not be worn.

There has been much discussion of late as to whether or not there exists a “cocaine habit.” This does not affect, however, the little constituents in whose interest *BABYHOOD* is published. But another matter brought out in the discussion does: namely, that cocaine, while usually not harmful if locally applied, occasionally produces very

grave symptoms—fainting, collapse, etc. We mention this, not to excite a prejudice against a useful anæsthetic, but because some of *BABYHOOD*’s correspondents have shared the not uncommon belief that this drug could be used with impunity by any one. Some time ago, when the drug first came into use, we took occasion to advise a correspondent against this notion, on the ground that any drug of potency is quite certain to be potent for evil as well as good if mismanaged. Experience has proved that this is true.

“If that young lady in the fourth pew of the left aisle, with a red feather in her hat, does not conduct herself with greater decorum during prayer-time I shall have to point her out to the congregation,” said a clergyman in the pulpit. In a similar way we may be compelled to call by name certain of our esteemed contemporaries if they do not desist from the habit of reprinting the contents of *BABYHOOD* without mention of the source of their booty. Not that this magazine begrudges the scattering far and wide, with or without credit, of whatever there may ever be in it that can by any means be made serviceable to a single baby or a single baby’s mother on the face of the earth, if only the motive of such republication is beyond suspicion. But it does object to a theft, pure and simple, of its contents by papers to whom the spoils are literary property or nothing; who steal for the sake of stealing, and to whose taste a lump of sugar would be sour if a free gift. For there are certain periodicals—in good standing, too—whose make-up consists almost entirely of this kind of “original” matter; and when a new magazine undertook to supply, from the best and consequently most expensive sources, a kind of information of which there had previously been a great dearth, it is not strange that they should have “tumbled to it” with alacrity as a kind of bonanza. We have had one eye on them for some time. (By the way—this hint only for various more honorable brethren—our cognomen is not “Babyland,” nor “Exchange,” nor even “Selected”!)



## DYSENTERY AND KINDRED DISORDERS.

BY JEROME WALKER, M.D., BROOKLYN.

DYSENTERY is so grave in character, especially with young children, that it is not safe for an unprofessional person to undertake its treatment, and therefore only a brief reference to it is necessary. Fortunately what is frequently by parents called dysentery, is not dysentery at all. Very often during the summer months the following conversation occurs between the doctor and an anxious mother with her sick baby :

" Doctor, the baby is very sick with the dysentery. What can be done for it ? "

" How many movements, madam, does the baby have in a day ? "

" So many I can't count them. "

" Is there any blood in them ? "

" Not a bit. "

So the case turns out to be one of severe diarrhœa.

### Characteristics of the Disease.

It is well to know that dysentery is for the most part an inflammation of the lower portion of the large intestine,\* which leads to more or less ulceration of the part affected, to frequent discharges, generally small in quantity, and attended by straining and pain. It may be a continuation of a diarrhœa. Frequently it is induced by dampness, or heat, combined with foul air from defective house-drains, and from decaying refuse in cellars and about houses. However the disease originates, the emanations from dysenteric discharges contaminate the air and are liable to create dysentery, especially in those attendants who are not in good health, or who are debilitated by anxiety and over-work. Hence it is essential that dysenteric dis-

charges should be removed into the open air as soon as possible, there to be disinfected before being buried, or should be emptied promptly into the water-closet basin—in which case the basin as well as the receptacle used by the patient should be disinfected. The disinfectant to be used is Platt's chlorides, or chlorinate of soda.

Discharges of blood do not necessarily point to dysentery—for there are various conditions which cause such discharges ; the more reason why a doctor should see such cases of sickness early.

### Requirements in Suspected Cases.

Where there is reason to believe, from the symptoms already given, that the case is one of dysentery, until the doctor can see the child it is well to take certain precautions and to undertake certain remedial measures. Rest in bed in a recumbent posture is of the first importance, and to effect this requirement will often tax to the uttermost the patience of the most exemplary mother. The little one, not feeling very sick, perhaps wants to be moving about ; or if very sick wants to be held or rocked. Now comes the opportunity for the nurse to use tact and firmness, to amuse and insist. A second requirement is warmth, the feet and abdomen especially being kept warm by woollen clothing, and, if necessary, by hot applications. Abdominal pain will frequently thus be relieved. A third requirement is an abundance of fresh, pure air, admitted from out-of-doors, but not in such a way as to create draughts. If the weather be damp or cold, an open fire in the sick-room would be very serviceable.

\* See illustration, *BABYHOOD*, vol. 2, page 424.



**Food.**

As to food, no fruit, graham bread or crackers, cake, pies, or puddings, gravies, vegetables, or meats should be allowed. The diet should be simple—boiled milk, alone or thickened with flour from a rice or wheat-flour ball—weak tea, thin mutton broth, zwieback, etc.

**Treatment.**

Medicinally, five drops of castor-oil with from two to five drops of paregoric may be given in warm milk or beaten up with the white of egg every hour or two, if movements are frequent. If the child should have severe pain and bearing-down, *one drop* of laudanum in a tablespoonful of starch water may be gently injected with a bulb syringe into the rectum. But such injection should not be used more than twice a day, especially if another opiate (paregoric) is used as directed. While opium is of great service in quieting pain, the susceptibility of many children to opium-poisoning, even when the drug is given in small quantities, must be constantly borne in mind.

**Protrusion or "Prolapse" of the Rectum, or Lower End of Large Intestine.**

This condition, in which the bowel at times protrudes from the body, is associated frequently with a want of tone in the muscular walls of the intestines, the result of a diarrhœa or a dysentery, especially if attended by straining efforts, and may therefore be considered at this time. Sometimes it is caused by the repeated straining necessary in obstinate constipation, or by that caused by the continued use of inappropriate closets and chamber-vessels, especially



where the seat-part is too large for the child's body, allowing it to sink down so far that undue pressure is brought to bear upon parts not intended to stand the strain of expulsive efforts, while the parts that were so arranged have little chance to act. In certain instances it is advisable to have an additional slanting seat something like here represented, to place

over the ordinary seat when the closet is to be used.

When the bowel comes down, it is childish, to say the least, for the mother to be frightened, for there are very few cases in which the protruded bowel cannot be replaced in its proper position. How to make it stay in place is for the attending doctor to determine. To reduce and replace the protrusion, rub well with vaseline or other oil the bowel and adjacent parts, as well as the fingers of the operator. Place the child on its back with hips raised a little by a pillow. Then with the thumb and two or three fingers gently but firmly grasp the protruded mass, and steadily push and work it into the body, applying afterwards to the opening a pledget of oiled cotton. To hold it in place and to apply pressure, use a bandage or folded towel, fastened around the body. The child should lie still in or on the bed for an hour or more after the operation.

**Itching and Chafing.**

These troublesome ailments, especially in children with thin skins and of a nervous temperament, are not infrequently associated with the various disorders of the alimentary canal, whereby acid discharges irritate and inflame the skin, and so induce much suffering. For these acid discharges improper feeding is largely responsible. Babies allowed for any length of time to wear wet diapers, or to lie upon beds that are wet, or who have their diapers frequently washed with water containing common strong soap, are very liable to suffer from itching and chafing.

One of the most aggravated cases I have ever seen was that of a baby belonging to a moderately well-to-do German woman. The child was lying upon one feather bed, and was covered by another. Between the under feather-bed and the child's body was a rubber cloth. As the child's body sank into the bed, the rubber retained the discharges from the bladder and bowels. This, with the warmth of the superimposed feather bed, created mischief.

In this case, as in many another of severe



chafing, when the skin seems almost raw, the mother is frequently deluded into the idea that little can be done because the "sprue," as she calls it, "has gone through the child." On the contrary she can do very much good. Let the child sleep on a firm but comfortable bed; do not overheat it by too much or too warm bed-clothing; sponge the parts two or three times a day with tepid water, after removing soiled napkins, or otherwise; dry the parts with a soft linen cloth, and apply a thick lather made with Packer's Tar Soap, to be left on, or

apply some fine potato starch or white zinc ointment, or vaseline, plain or carbolized, or fuller's earth. Several applications are here mentioned, as there is no specific. Repeated excoriation produces a thickening of the skin and a tendency to irritability which is sometimes difficult to get rid of. One of the best ways of obviating this tendency to irritability is to feed the child with plain, easily-digested food, and to avoid much meat and rich gravies, which tend to make the secretions of the body irritating.

## POISONOUS PLANTS.

BY JOHN DORNING, M.D.,

*Instructor in Diseases of Children at the New York Polyclinic.*

THOUSANDS of little prattlers are just now roaming through fields and woods—a new world to such as come from the cities, and more or less of an enchanted ground for all. Their eagerness to pick and

sible of the hurtful varieties of vegetation. Those most frequently met with are here enumerated, pains having been taken to make the descriptions so clear that there



FIG. 1.—POISON-IVY.

even taste any attractive-looking shrub or berry which comes within their reach is a constant menace to their safety, and it is important that their attendants should be able to recognize at a glance as many as pos-



FIG. 2.—POKE-WEED.

will be little difficulty in acquiring the necessary information for not only guarding the little ones in their rambles, but, on sight of one of the dangerous weeds, for instructing

them as well, that they may guard themselves.

The very accurate illustrations herewith given were, with one exception, first en-



FIG. 3.—POISON-HEMLOCK.

graved for Dr. L. Johnson's *Medical Botany*, published by Messrs. Wm. Wood & Co. of this city, and we are under obligations to this firm for courtesies extended. The various plants were gathered and photographed by Dr. Johnson, and the engraving was done under his personal supervision.

#### Poison-Ivy.

The most common form of vegetable poisoning is by the poison-ivy (*Rhus toxicodendron*). One variety, the "running ivy," is called "poison-vine." The other is variously named, in different localities, "poison-sumach," "poison-oak." The former was once considered a distinct species (*Rhus radicans*). Even the emanations of this species of vegetation are injurious to some individuals, who, from remaining a short time near it or from handling it, experience

severe inflammation and swelling of the skin, with sometimes much constitutional disturbance, while it is remarkable that others appear quite unsusceptible of its influence. (See Fig. 1.)

Children should be early taught to recognize and avoid this plant. It has leaves of three leaflets, smooth and shining on the upper surface and downy on the under-side, and resembles the innocent Virginian creeper or common "woodbine" ivy, with the difference that the latter has five leaflets. Growing at the base of a tree or beside a rock or fence, it puts forth numerous tendrils, and by means of these climbs to a great distance. When it grows in an open space, with no convenient support, it has the habit of a low shrub from one to three feet high, and is then called poison-oak. We once saw a little fellow who was out berrying with his companions warn them of danger, as they were approaching a fence along which



FIG. 4.—BITTER-SWEET.

was growing some poison-ivy, by holding up three fingers—three fingers signifying three-leaved poison-ivy, or danger; five fingers meant five-leaved Virginian creeper, or safety.

**Swamp Sumach.**

Another species of poison-sumach (*Rhus venenata*), called swamp sumach, poison-elder or alder, or dogwood, is commonly found in swamps or wet places. It grows from six to eighteen feet high, has smooth, pale gray



FIG. 5.—AMERICAN HELLEBORE.

bark, three to six pairs of leaflets and an odd terminal one on each stem, and greenish-yellow or greenish-white fruit.

**Poke-Weed.**

Poke (*Phytolacca decandra*), commonly known as pigeon-berry, is also called scoke-weed, poke-weed, American nightshade, red nightshade, red-weed, cancer-root (Fig. 2). It grows on roadsides, farmyards, and uncultivated fields. The stem is from three to eight feet high, much branched, at first green, but becoming purplish with age. The berries are clustered on a stem, have a dark purple color, and are filled with a crimson juice which has a sweetish, nauseous, and somewhat acrid taste, and peculiar though faint odor. Children often decorate

their faces with the juice of the berry. The berry is poisonous.

**Poison-Hemlock.**

Poison hemlock (*Conium maculatum*), sometimes called "poison-parsley," is common in waste places in the Northern and Middle States (Fig. 3). It grows from two to five feet high, has an erect, round, smooth stem of a light green color and spotted with purple or brown. The flowers are white, very small, and grouped into umbrella-shaped clusters. The berries are brownish when ripe, small and clustered. The root resembles a small parsnip. Its poisonous properties depend upon the season of year and the climate in which it grows. It should be avoided.

**Bitter-Sweet.**

Bitter-sweet (*Solanum dulcamara*)—so-called because of its bitter and



FIG. 6.—THORN-APILE.

subsequently sweet taste—is variously named woody nightshade, violet-bloom, etc. (Fig. 4). It is a shrubby plant, its stems trailing or



climbing often several feet in length. The bark of the main stem is ash-colored, that of the branches purplish. The flowers are small, purple, and pendulous, and have a heavy narcotic odor. The fruit is a smooth, oval, scarlet berry containing numerous seeds.

This plant should not be mistaken for the woody bitter-sweet (*Celastrus scandens*), or climbing-staff tree, which grows along borders of woods and streams and along old fences. This has a globular, orange-colored berry at maturity, opening and folding backwards, exposing seeds which are covered with a crimson, fleshy coating. The berries are very ornamental and are gathered for household decoration.

#### Hellebore.

American hellebore (*Veratrum viride*) has a number of popular names, as swamp hellebore, Indian poke, itch-weed, bear-weed, puppet-root, wolf-bane, etc. (Fig. 5). It grows in swampy and low grounds, often associated with skunk-cabbage. It grows from two to four feet high; has broad, oval, pointed, plaited leaves; the flowers are small, green, and arranged in a dense, spike-like cluster.

#### Thorn-Apple.

Thorn-apple (*Datura stramonium*), also known as Jamestown-weed, devil's-apple, and apple of Peru (Fig. 6), is a poisonous plant found growing in waste places. It grows from one to three feet high, has large, ovate\* leaves, the margins of which are angular or toothed. The flowers are white, funnel-shaped, and plaited, and have a sickly odor; they blossom in July and August. The fruit consists of a very prickly, globular

capsule or pod (hence the name thorn-apple), containing many kidney-shaped, blackish seeds.

#### Poison-Tobacco.

Henbane (*Hyoscyamus niger*), also termed poison-tobacco or stinking nightshade,



FIG. 7.—POISON-TOBACCO.

is a poisonous herb to be found in uncultivated places (Fig. 7). It grows from one to two feet high; its stem is viscid or sticky, covered with a hairy down, and has a fetid, nauseous odor. The leaves are large, ovate, with an irregular border, and of a dull green color. The flowers are funnel-shaped, about an inch long, and of a straw-yellow color marked with purple veins. The fruit consists of a capsule or pod containing many brown seeds, and is enclosed in a large calyx or cup or envelope.

## HEAT-RASH.

BY FLOYD M. CRANDALL, M.D.,

*Attending Physician in the Out-Door Department of Bellevue Hospital for Diseases of Children.*

**M**ILIARIA, heat-rash, or prickly-heat is one of the most common skin-eruptions of infants and young children. In it-

\* An ovate leaf is one having the shape of a section of an egg and attached by the larger end.

self it is in most cases a matter of little consequence, though not infrequently the cause of considerable alarm. It is of some importance, however, as a sign of improper clothing or feeding.



### Symptoms.

Heat-rash is an inflammation of the sweat-glands, and appears as small papules or vesicles more or less thickly set, attended by burning or prickling sensations. It appears suddenly and without fever or other general symptoms. Each papule is a small red prominence, varying in size from a mere point to one as large as the head of a pin. These papules are sometimes but few in number, but more often very abundant. The skin upon which they are located is healthy and natural, but may be reddish in appearance. The papules may be crowded, but remain separate, having but little tendency to unite or run together. A few of these elevations may contain fluid, and are called vesicles. The younger the child the smaller is the proportion of vesicles.

The eruption rarely appears upon the hands and face, but rather upon those parts covered by the clothing, especially the neck, shoulders, and about the waist. It is frequently seen just at the edge of the clothing. Parts thus affected are moist or covered with profuse perspiration. The rash is usually accompanied by prickling, burning, or itching, which may be quite intense, causing in young children great restlessness, fretfulness, and disturbance of sleep. The onset is sudden, but the rash passes away gradually, the color slowly fading, but frequently leaving faint reddish spots after the papules have disappeared. It may continue from a few days to two or three weeks, and in rare instances become chronic and run several months. The disease which it resembles most closely is eczema, which develops slowly and is accompanied by intense itching, with much larger papules which unite.

### Treatment.

The causes are twofold—digestive disturbance, often very slight, and heat. Of these the latter is of much the greater importance, sometimes being the only cause. The treatment and management hinge upon the cause, and it is usually a matter of management more than of medicinal treatment. Too active treatment may do more harm than good.

If any medicine is given, it should be an acid—lemon-juice is one of the best. It should be well diluted with water, and given at a time when it will not interfere with the food or milk. If the child is debilitated, pale, and thin, tonics may be required before recovery is complete. The food should be of the proper character, and its digestion rendered as perfect as possible. If there is constipation, Rochelle salts should be given at the outset. Local treatment is by far the most effective, and its object should be to keep the parts dry and relieve their irritability. One of the most effective plans consists in bathing the parts with vinegar and water, followed by a free dusting with powder. Simple starch powder may be used, or starch with a small amount of bismuth. In some instances itching is relieved by an alkaline wash more than by the acid, and bicarbonate of soda may be used instead of the vinegar. The skin should be frequently dried with a soft cloth, and the powder freely used.

### Faulty Clothing.

The removal of the cause is of the utmost importance. In the summer, when the disease is especially prevalent, if the child cannot be removed or protected from the heat, it is difficult to entirely prevent it; and it will appear at every heated term. Yet during the winter and cool portions of the year it is frequently seen, sometimes so marked as to cause great discomfort to the little patient. It is then usually due to faulty dress. A child with legs and wrists but half-protected, and the little undershirt cut so low in the neck as to be a constant challenge to croup and bronchitis, will be found with such a reduplication of clothing about his waist as to develop a full crop of prickly-heat. An area of this eruption upon any portion of the body is a sign of over-heat and usually of over-clothing. The proper clothing of a child, by which all parts of the body shall be properly protected but none over-heated, is a matter of no small difficulty, yet one of great importance. Prickly-heat is the most distinct sign of error in the direction of over-clothing.



## THE FEEDING OF COWS AND ITS EFFECT ON MILK.

BY CYRUS EDSON, M.D.,

*Chief Inspector 2d Division Health Department, New York City.*

BABYHOOD has received an inquiry from a "Mother's Club" in a Western town regarding the effect of distillery slops and brewer's grains upon the milk of cows. The aim of the association referred to is to secure the means of providing infants with the best available milk. In reply, by solicitation of the editors, I submit the following statement:

Distillery swill is highly injurious as a food for milch-cows. Cows will not eat it unless compelled to do so by having all other food withheld. After a little while they take to it with great avidity, and, if permitted, will gorge themselves. Cows thus fed are never watered, as the "swill-feeder" or "slop feeder" considers that sufficient water is contained in it to supply their need in this respect. They are never given fresh air or exercise, both of which are indispensable to the well-being and health of the animals.

For months the wretched creatures are compelled to stand yoked between uprights, their noses over the swill-trough, breathing foul air in stables or sheds, having often only six or seven feet of head-room. The writer has frequently seen them in stalls less than three feet wide (2 feet, 5 inches), and where the total air-space allowed each animal in a herd of thirty was only 226 cubic feet. (The Sanitary Code of New York compels lodging-house keepers to provide at least four hundred cubic feet space for each human lodger.) The writer has never seen distillery swill fed except under the circumstances and conditions described, nor does he believe that it is ever fed except

under these circumstances. Distillery swill and brewer's grains, if the latter is fed exclusively, over-stimulate the lacteal glands, and an enormous flow of weak milk results. This is a drain on the system of the cow and weakens her so as to wear her out in a short time. She is thus rendered an easy prey to disease.

Distillery-swill contains a large amount of free acid. The direct effect on the animal consuming it is to charge the system with acid. What medical men call an acid diathesis is effected. The secretions become acid; even the milk, which should be neutral or only faintly acid, becomes quite strongly acid.

Another result of this acid condition is the tendency of the tissues of the cow to ulcerate. Large ulcers like bed-sores form on the hips and shoulders where the skin over the bones comes into contact with the floor when the animal lies down. The tail often ulcerates at a point six or eight inches from its insertion and drops off. The cow is then called a "bob-tail."

### **The Injuriousness of Milk from Swill-Fed Cows.**

Milk from cows fed on distillery-swill coagulates in a peculiar manner. The curd is tough and not easily pulled apart. The writer has seen a complete cast, formed by such milk, of the vessel that contained it. This cast could be handled without breaking, so tenacious was it. A few years ago a child died in Brooklyn. Its symptoms were those of inflammation of the stomach and bowels, caused by unwholesome food. An autopsy performed by one of our ablest

physicians showed that the stomach contained a perfect cast of its interior, in curd. This curd was so tough that it could not be broken by the efforts of the little sufferer's stomach, and was, of course, too large either to be vomited or passed through the pylorus into the intestine. It had decomposed, and by irritation caused the fatal inflammation. The milk supplied to this child was traced by the authorities to a "swill-fed" source!

There are undoubtedly other reasons why the milk from "swill-fed" cows is injurious; one of them is suggested by the following fact: Such milk will rapidly sour; it will spoil very quickly even when subjected to the most favorable conditions for keeping. The great condensed-milk factories when contracting with farmers for the delivery of large quantities of milk expressly stipulate "that no distillery-swill, starch-feed, brewer's grains, ensilage, or other fermented or acid matter shall be fed to the cows." This is because it has been found that milk from animals thus fed cannot be preserved, and that it will not keep even when charged with sugar and hermetically sealed in tins.

The swill contains a slight amount of alcohol. Though this amount is small, nevertheless the cows consume enough to affect them in much the same manner as it affects human beings. Indeed, one is struck by the sot-like appearance they present. Would any of us tolerate a sot as a wet-nurse for our offspring?

#### Brewer's Grains.

Brewer's grains, if fed exclusively, are bad, though not so bad as the substance just considered. They are a degree better, because:

1. They do not contain so much acid.
2. They do not contain free alcohol.
3. They are not in so advanced a stage of fermentation.

Cows fed on them often become sick. This is so common that the name "grain-sick" has been given to the malady. It is characterized by symptoms of diarrhœa and loss of appetite.

There is no doubt but that a little of such grains fed judiciously with other feed is good, and will be beneficial to the cow.

It will be well to indicate the difference in the appearance of distillery-swill and brewer's grains. Brewer's grains is a moist, granular substance composed of wetted malt, from which the water has been drained. It has a pleasant acid odor and taste. Distillery-swill, on the other hand, is a dirty, rusty brown *fluid* of the consistency of broth, having a disagreeable sour smell and taste. The manner of feeding swill, as has already been described, is characteristic. It is run into the troughs from tanks at one end. The tanks are provided with a gate, which is raised at the time for feeding, so as to allow the swill to pour out and spread itself through the line of trough. In order that they may actually see the difference between these two substances "The Mothers' Club" should get some of the fathers or grown-up sons to procure for them samples of each. This would not be a difficult thing in the town where the club is located. They could then more intelligently perform the good work they have in hand.

The odor of swill or brewer's grains is very perceptible in milk from cows that have been fed on either. The "smell test" is thus performed: Give the milkman's forty-quart can a couple of shakes, then remove the cover, carry it quickly to the face, and smell the inside.

It is always safer not to use milk having the odor of grains for infants' food.

#### Proper Feeding.

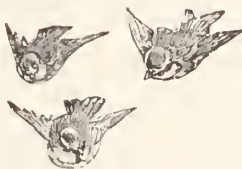
Pure, wholesome milk can only come from healthy cows fed on wholesome food and water, stabled, when stabling is necessary, in roomy, clean stables, and allowed plenty of fresh air and exercise. Grass is the natural food of cows. In summer, therefore, the cow should be "turned out to pasture" and allowed to feed on grass alone. Grass-fed cows produce rich and fragrant milk. When a sufficiency of fresh grass cannot be obtained its best substitute is hay, and with this cornstalks or vegetables, such as carrots or beets, may be given to advantage. Many farmers give their cows "a mash" made of cornmeal, bran, cut hay, and

water. This is often given hot and it has an excellent effect, keeping the cow in fine condition, and causing her to produce milk rich in fat.

Too much stress cannot be laid upon giving cows pure water to drink. There are a number of epidemics of typhoid fever on record, the causes of which have been traced to contaminated water drunk by milch cows. Perhaps the most celebrated of these was the one that occurred in Marylebone, London, in 1873. It was found that the disease

was confined to those who drank milk furnished by a certain milkman. The cows owned by this man were supplied with water taken from a stream into which a sewer emptied itself.

Ignorance is one of the greatest curses that afflict mankind. When it is joined to avarice its power to injure is greatly enhanced. Nowhere do we see this combination better illustrated than among the class of people who keep cows and produce milk in and about great cities.



## TRAINING FOR MATERNITY.

BY CLARA W. ROBINSON.

WE hear a great deal about the propriety of girls learning how to do housework and how to make their own clothes. It is preached at us from the pulpit and stares at us in the press. It is talked at us in conversation and hurled at us from the platform until we have become heartily sick of its reiteration, and begin to think that what he shall eat and what he shall drink and wherewithal he shall be clothed is the chief thought of man. Is it not high time for a little variety in the advice? It is a good plan, doubtless, for girls to learn those things, but much more important things for them to learn are the care of the sick and the management of babies, and yet we seldom see these things mentioned.

When I was married, five years ago, I knew how to cook and how to sew, thanks to a wise mother, but I knew nothing of sickness, since we had had none in the family; and, though I was fond of children, I had never taken a baby in long clothes into my arms. So my first baby, much as I loved her, was a sort of nightmare to me for a few months. As I am taking care of my third, I say to myself: "How much

more easily I could have managed with Ethel if I had known anything about babies." The profession of motherhood is one of the most responsible in the world, and yet the majority plunge into it with no preparatory training and little thought or knowledge of its requirements.

There seems to be a feeling that mothers know by a kind of instinct as soon as they become mothers just what to do for their babies; but they do not. The numbers of ill-cared for and ill-bred children we see constantly testify to it. In fact, it is the exception rather than the rule to see a thoroughly well-cared for and well-bred child. There is certainly in most mothers an instinct to do the best they can for their babies. But even given the determination to learn and do the best, how much trying and nervous experimenting there is for the poor young mother in the first weak months of her motherhood! How much more easily some of it might have been learned at any other time; and think of the poor babies that are the subjects of the experiments! How many suffer more or less all their lives from the lack of wisdom in their early care!



I knew one wise mother who took her daughter from school for a year and trained her in all the details of housework; another who apprenticed her daughter six months to a dressmaker, with no thought of it as a trade, but simply for her future convenience. Those girls, both married now, were doubtless saved annoyance and mortification by their training. But what is the failure of a cake, or the inability to put upon our dresses the latest quirk of fashion, in comparison to the wails of our first-born, concerning which we cannot give the faintest guess as to cause or cure, so that we may worry ourselves sick when he only cries to strengthen his lungs or neglect the cry that means distress? The failure of the cake may be a matter of a few cross words and some discouragement, while the wails of our baby may be a matter of life and death. The cake we can easily try again, but our baby once gone is beyond recall.

Every one would be lenient with the experiments of a young housekeeper and laugh with her at her mistakes; but the experiments with our babies are too serious matters to be laughed at and forgotten, nor will any leniency of friends take away the sting of failure from the mother's heart or change the effects on the life of her child.

Again, a great many women seldom have actually to make bread, so that, except for the better command it gives them over their households and themselves, they are none the better for knowing how; while every true mother, from the humblest cot to the aristocrat's mansion, must always feel the responsibility of her children's welfare, suffer with her children for her failures and rejoice at her success.

You may say that you have no opportunity to teach your daughter such things. Not as much as would be well for her, I grant, but it only needs patience and the will to do it, and opportunities can be found. Some things—the principles of hygiene, for instance—may be easily taught, as long as the poor and the sick we have always with us need care. But carrying a bouquet of flowers to a sick-room or a basket of food to hungry children, though good as

far as it goes, is not enough. Your daughter must actually attend to the details of the sick-room, and do much of it. She must clothe and feed the hungry children as well as give them food. I think if some of our rich maidens who are *blasé* early in the twenties could be put to care personally for some of the orphan babies that need care, not only the babies' lives would be blessed. I knew one generous girl who did that. Why can it not be done more frequently?

A previous apprenticeship as under-nurse in some hospital would be worth more to a mother and her family than the same time in a dressmaker's shop, as in the case of the girl mentioned. The latter may save money and give style to the family wardrobe, but the former would save money and health, and perhaps life itself. Nor do I see any reason why if the latter is sensible the former is not more so. If our daughters, when they become engaged, would enter upon a course of training, such as any person preparing for any other profession would deem it folly to neglect, it would be an immense gain to the world. Too many look upon it as the end of all their trials and efforts, when it is really only the beginning. This idea of studying beforehand, as for a business or profession, may seem a ludicrously practical one, but I am convinced that if it were carried out it would save many a heart-ache.

When a young man makes up his mind to be a lawyer, he at once begins to study and work in that direction. When a girl becomes engaged, that is, makes up her mind to take upon herself the duties and responsibilities of a home, what does she do? Usually she proceeds to get together a fine wardrobe for herself instead of studying for the good of the home that is to be. Often she does this more from ignorance of what will be needed of her than from any real selfishness, and it is her mother's place to inform her. The readers of *BABYHOOD* can, of course, elaborate these suggestions indefinitely in their own minds. I have merely tried to touch upon something that seemed to me worthy the thoughtful attention of mothers.



## THE PURIFICATION OF WATER.

BY LEROY M. YALE, M.D.

NOT every country place is equally fortunate in the abundance and purity of its drinking-water; but a great deal of water that lacks the delicious sweetness of the best spring-water is entirely wholesome if only a little care be taken with it. Many houses are so situated that no good well is near at hand and cistern-water must be used. It is assumed that in examining the surroundings of a house the possibility of water-contamination and the source of water-supply have been ascertained and judged of.

### **The Inspection of Wells and Cisterns.**

Now, it can happen that a water that is free from the poison of any recognized disease may not agree very well, and may excite, especially in children, bowel-troubles. Is there anything that can be done to diminish this irritating peculiarity? It would hardly seem necessary to suggest that, first of all, entire cleanliness of well or cistern should be secured; yet this first precaution is often neglected. The writer recalls an instance in which he was asked to examine, because the water was offensive, the well under the kitchen-floor of a house in a fashionable summer resort. The odor was so suggestive of animal decay that he urged cleansing at once. The remains of several frogs and a rat were found, and the odor disappeared. Yet the family had contentedly used the water for cooking and drinking until illness had brought a physician to the house.

### **Methods of Filtration.**

Assuming ordinarily clean water, it may be still further cleansed by filtration. In a previous number allusion was made to the faults of ordinary filters in which the same

filtering material is used constantly. If one does not wish to purchase a costly filtering machine, a very good filter for ordinary purposes may be very cheaply improvised with a large funnel of glass or tin, the outlet of which is well packed with a wad of the absorbent cotton sold by druggists. The piece of cotton need be only large enough to fully fill, when firmly packed, the apex of the conical part of the funnel. The funnel when packed may be placed in the mouth of a large bottle or preserving-jar—these are better than an opaque receptacle, on account of the ease with which dirt is detected—and the water filtered into the latter, corked, and placed near ice. If the water is not yet satisfactory, boil and refilter it and cool as before. If the refrigerator is not ample enough for keeping water-vessels, the method of cooling by evaporation can easily be employed. The bottle or jar—and in this case a porous earthen jar may be better—is enveloped in a jacket made of old blanket or something similar, and the latter wetted occasionally. The evaporation rapidly cools the water within the jar—not to icy coldness, it is true; but, as has been already urged, the free use of iced water as a beverage is not desirable, and the water cooled in the manner described is quite cool enough for drinking, except by those who think no draught palatable which is not accompanied by the clatter of ice in the glass.

### **Unfiltered and Filtered Water.**

In connection with this same matter of drinking-water we may allude to a very interesting paper by Dr. Swarts, in a recent number of the *Boston Medical and Surgical Journal*, concerning filters. This paper corroborates the results of the expert investi-

gation made at the instance of BABYHOOD and reported in the number for August, 1886. The practical working of ordinary domestic filters, as shown by Dr. Swarts's experiments, is quite different from what on first thought would be anticipated. Of course the purpose of a filter is to strain out impurities from the water, and this to a certain extent it does do for a short time when the filter is new and clean. It stops all the impurities, which, roughly speaking, we may call particles (dust, earth, and crude organic matters), and a good filter will arrest also some of the albuminoid matters and some bacteria. Now let a filter be used for a while, and within its cavity there is established an excellent state of affairs for the growth of bacteria. There are present the bacteria themselves, food for their growth, and usually a warm temperature, that of a living-room, and, if it be in the kitchen, a tolerably high temperature. Dr. Swarts's experiments on unfiltered and filtered water showed that the micro-organisms were hundreds and sometimes thousands of times more frequent in the latter than in the former. He further endeavored to ascertain if filters could in any simple way be cleansed by the ordinary user, but he was unable to discover any way by which the water from a filter that had been a little while in use could be rendered as free from bacteria as the unfiltered water. As has been already said, the great mass of water bacteria have no known injurious effect upon health; but, granted a supply of water already tainted by some disease-germ, it is easy to see how an appliance designed in the interest of health and cleanliness might prove an efficient instrument of destruction. But this is no new tale.

#### City Water.

The water-supply in cities is generally beyond individual control, unless one buys water of presumed unusual purity instead of taking that supplied by the water-works. If the latter is unpalatable or is not clear, it can be improved by boiling and filtering, as already advised; but it is not wise to be too prompt to accept any allegation one hears or reads regarding the unwholesomeness of the water-supply, or to jump at the conclusion that something else will be surely better. In many cities, during the summer especially, there is sold distilled water or water from springs, which is very sweet and pure. If one can afford the expense of this—and it is not great as a rule—very well; if not, the purified water of the water-works is much more likely to be good than the water of a city well. Not long ago the writer happened to observe in a small city an epidemic of typhoid fever. Inquiry among the physicians of that city brought to light these facts: The ponds supplying the city with water had been undergoing the annual growth of vegetation which often at one period gives a taste or a disagreeable odor to the water. It is not clear that this change affects the health of those using the water, but it is disagreeable. Certain venders of spring-waters filled the local papers with advertisements calling attention to the bad odor of the city water. Some people, as was desired, bought the spring-water, while others abandoned the city water to resume the use of water from their old wells. It was found that a great majority of the cases of fever occurred among those who used the well-water, those who had not been frightened from the city-water suffering relatively little.







## MEAT DIET FOR INFANTS.

IN another part of the present number the question is raised as to the proper time to give meat diet to a child. The subject is an interesting one. We may say in passing that the instances cited of vegetarians who had relapses of ailments after partaking of a diet partly of flesh do not seem to us to have much bearing on the question. On the one hand, such variations of diet often cause trouble in persons who are not vegetarians, and, again, such relapses are exceedingly common in the ailments specified without any evident extraneous cause. Our present understanding of these diseases explains why they occur, but this is not the place to discuss the point. Before speaking to "the question of how soon a little child should begin to eat animal food?" we must ask leave to substitute the phrase "flesh food" for "animal food." No food can well be more animal than is milk, which is the natural food of all young mammals. So, too, the egg, admitted to use by many, if not most, vegetarians, is certainly entirely animal.

The question then takes the form, "How early should a child eat meat?" The answer has been variously given by different men, and all men of wide and careful observation. Many admit its use early, and we are acquainted with some skilful men who would withhold it until the second dentition is complete. There is little doubt that, where a liberal dietary is available and the culinary art is well understood, very many persons can enjoy perfect and robust health without flesh at all. How large a proportion of persons can do so we have no means of knowing, and we should not recommend the attempt to live without meat, unless under the favorable circumstances suggested above.

For ourselves, we, as regards little children, lean toward the late rather than the early adoption of flesh diet in ordinary cases. That is to say, it is to be used very sparingly, if at all, before the first dentition is complete, and watched as to its effect for some time thereafter. There are some children to whom we feel obliged to give meat or dishes made from meat earlier than the time mentioned. From others again we keep it longer.

There is one point which should be here emphasized—a point too often overlooked—namely, that when flesh diet is begun milk diet must be proportionately restricted. The disorders of digestion which attend the meat diet (which, we presume, is intended by our correspondent by the phrase "distinctly inflammatory effect") are due not so much to meat as such, but to excessive ingestion of nitrogenous food. Many adults complain of similar results from the use of milk, yet rarely does a real milk diet disagree. But a meat diet, added to a milk diet, will very likely disagree, and the blame is attributed by the sufferer (or his attendant, if the former be a child) to that article of which he is least fond. So if a child is already sufficiently well nourished on milk and cereals, and meat be added, an equivalent amount of nitrogenous food in the form of milk must be withheld. These remarks are not intended to apply to special cases where a physician may, for particular reasons, desire to do otherwise, but as a general rule they will hold good. Many persons seem to consider milk, because it is liquid, as a drink, or at most as "not strong food." Such persons should be classed with one we once before quoted, who "lived in the country entirely on vegetable food—milk and eggs."



## NURSERY OBSERVATIONS.

**A Talent for Rhyming**—You have published the little verses made by other babies, so I send you one from my little girl of two years and ten months. She has made nonsense rhymes in her chatter for several months, but we never notice them or let her think she is doing anything bright. Last night, when climbing the stairs with a doll in her arms, she made the verse, which is not like anything that has been said or read to her. She is very motherly with her dollies, and repeats with them all she sees done for her baby-brother. She said :

"The mother is taking her baby to bed,  
And the blazing fire shines over its head."

I took no apparent notice, but wrote the words down as soon as the little "mother" was asleep.—*G. B. C., Phila.*

**Another Whistling Baby**.—In a recent number a mother asked if twenty-one months was not young for a baby to whistle. I thought it was when I read it; but since then our baby whistled one day by accident when he was eight months old, but as soon as he found he could make the noise that way he immediately began practising it, and now, at eight months and a half, whistles whenever he wants to. He does not talk yet, except to say "papa."—*A. E. McG., Hartwell, O.*

**Remarkable Presence of Mind**.—Mrs. E—— has three children, Amy, aged seven; May, five; and a baby of eighteen months. One evening not long since, having occasion to go out for a short time, she put Baby in his high-chair at the table (first removing the cloth and placing the lamp at a safe distance), and left the little girls to watch him. Mr. E—— was busy passing back and forth from the yard to the street, so the blinds were not drawn and the doors were left open between the rooms in order that both from parlor and kitchen windows he might keep an eye on the children. All seemed to be going well, when suddenly a glance from the street revealed the kitchen in a glare of light that struck terror to his heart and sent him breathlessly up the yard, to be met at the back door by Amy, holding in her outstretched hand a burning lamp, the chimney gone, the wick half out, and the ignited oil running down the sides in a blaze. He caught it as it fell from her grasp—for at sight of her father the child's nerves gave way—and threw it to a safe distance, not a minute too soon, as the instantaneous explosion testified, and, gathering her in his arms,

entered the dark room, not knowing what harm had been done, when May's voice came out of the darkness: "I have the baby safe on the lounge, papa"; and, sure enough, there she sat with both arms wound tightly around him. The extension-table had been overturned, no one knew exactly how; but later the parents discovered that in a certain position a mere touch would tilt it over, and supposed that this was the cause of the accident. When it fell and the lamp caught fire, Amy first lifted the baby to the lounge on the other side of the room, set May to guard him, and then picked up the mass of flame to throw into the yard. "I called papa," she said afterward, "but I knew he couldn't hear me, for he had just gone out—I saw him pass the window—and I was so afraid the house would burn up and he'd lose all that money." The poor child was sick for a week from the fright and nervous shock, but was not otherwise injured.—*I. W. M., York, Pa.*

**Æsthetic Aversions**.—Reading in *BABYHOOD* about the imaginative powers of children, I am impelled to tell of two singular instances, somewhat similar, which came under our notice with our little one. He is fifteen months old, and very fond of looking at pictures of animals and children, and also of turning the leaves of books which contain no pictures, or such only that are not interesting to children. The other day his papa was looking through the *Century Magazine*, and Baby, on seeing him with the book, immediately ran up and began to admire the pictures also. He was much pleased until he came to an advertisement of a new tooth-wash, representing a small Cupid busily engaged in brushing old Sol's teeth. Baby looked at it a moment, then hid his face on his papa's shoulder with every appearance of terror and burst out crying. He seemed quite unnerved by the little incident, and during the entire afternoon could not even look at the book without a shudder, until, noticing his fear of the picture, I put it away altogether. There is nothing at all repulsive about the print. Old Sol's expression is rather diabolical, owing to his displaying all his teeth, but otherwise his is quite a handsome face.

The same baby had a little downy, fluffy toy chicken given him, and for several days it was his favorite plaything; he carried it about with him everywhere, and even took it out with him on his daily ride in his perambulator. The

chicken being in reality a receptacle for candies, though given to Baby empty and only as a toy, has a head which fits in like a bottle-stopper, and I put this in very securely before giving it to him. One day I heard him give a piercing shriek, and on running to him in a great hurry, fearing he was hurt, I found him crying bitterly and looking with an expression of the deepest disgust at the poor chicken whose head had come off. Nothing could induce him to touch his favorite toy while in this

headless condition, and to hold the head up and show it to him made him fairly shiver with disgust. As soon as the chicken's head was once more tightly glued on it was restored to favor and loved as before. He has never before or since shown the least sorrow or fright on breaking anything (on the contrary he seems to find it rather enjoyable), so he very evidently associated some idea of pain or injury to the chicken with its accident, and felt grieved accordingly.—*E. F. H., Brooklyn, N. Y.*

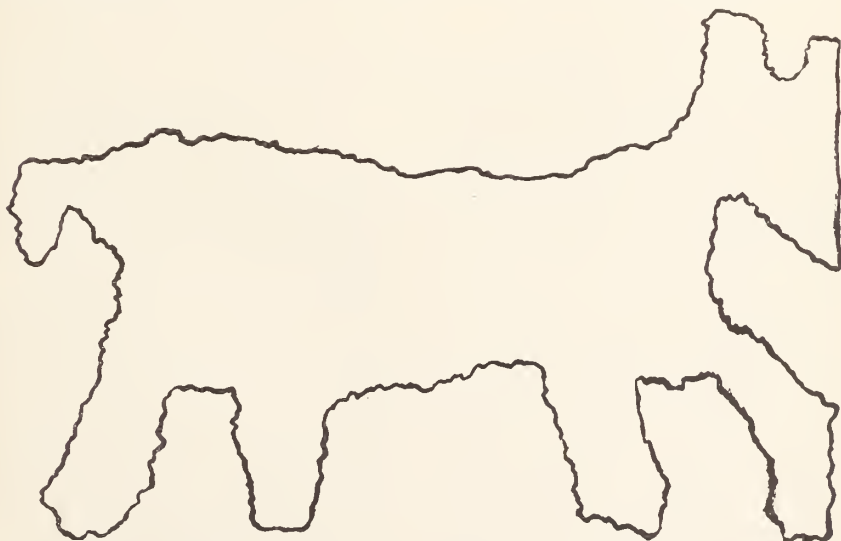
**An Embryo Artist.**—Our five-year-old Charlie is, in his parents' eyes, quite an artist. The en-

as their originals. His father thinks my work rather a libel on that of our boy. I enclose also a piece of paper that he tore out, cutting with his finger-nails, never having used scissors. It was also made at least six months ago. He has



made also in this same way hens, crows, and ducks, which certainly did not need to be labelled; but as they have all been given away, I can send no specimen.—*Elsie Ellis.* [The enclosures are here reproduced, the birds being reduced in size one-half, but otherwise exactly like the originals.]

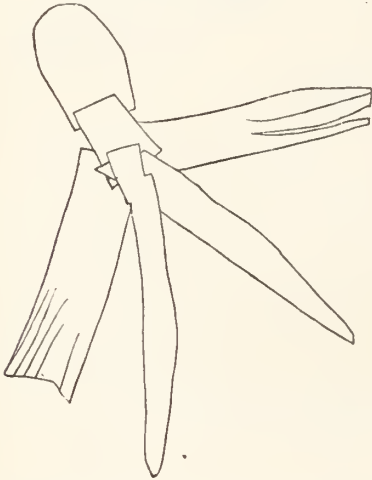
**A Contribution to Anatomy.**—I notice sometimes in *BABYHOOD* descriptions of handiwork on the part of little children, and as I have kept a number of such little reminders of my baby's progress, with dates, etc., recorded, I venture to send one which he made at the age of three



closed tissue-papers bear tracings of some of his drawings on the blackboard, one of which was made when he was not more than four-and-a-half years old. I traced them as well as I could, but on the paper they do not look as well

years and four months, one day when he was allowed, as a very great privilege, to handle the mucilage-brush himself. His mind evidently reverted to a paper figure of a boy he had seen his papa cut out in sections and paste together,

some time before, as the most feasible plan to put the mucilage to practical use; and he grasped the scissors and cut out head, body, arms, and legs from a piece of brown wrapping paper with a tolerably clear sense of anatomy. Of his sense of proportions of sizes I will not speak too loudly, but the finished product, enclosed, shows it and needs no description. It is to be said in his favor, however, that had he been a little experienced in the use of the paste-brush, his "boy" would have been a trifle more elongated



—the apparent deformity being greater than the real. It being his first attempt at sticking things together, it is not strange that he bunched them in almost any way to make them absorb what little mucilage was left after his hands and dress had been bountifully served, and we think the relative *positions* of the pieces not bad. The slits cut from the ends of the arm represent fingers.—*Hall, Saratoga, N. Y.* [We reproduce an outline of the enclosure referred to, same size and shape.]

**Early Discrimination between Parents.**—I am not much of a judge of babies, having been a bachelor until quite recently, but being a regular student of *BABYHOOD*, and appreciating the value which may result from variety in its department of "Observations," I venture to make a little contribution to it. I may state that it is done under an assumed name and address, because of the vigorous protest of my excellent wife, who has an unspeakable horror of getting into print; so she will not know of this being sent to you until you print it—if you do. (I may add, *sotto voce*, that she will really be glad enough to see something in print about the

angel, though she would never admit it. She believes him to be the smartest baby in the community, and destined to be President, little knowing—bless her poor unsophisticated soul!—that if smartness would do it, her husband would have been President long ago. You may put this in very small type, for if there is anything the child's father is noted for, it is modesty.)

I was about to remark: this boy, who is only four-and-a-half-months old, not only knows his father and mother, but has a distinct form of recognition, and sort of dialect, for each. He will crane his neck around every time the door opens, and if his mother appears, no matter how she may try to hide herself, he sets up a wild tune which means "Aha, there you are! You are going to take me up, and don't you forget to remember it." Further, it means "You needn't attempt to palm off upon me any excuses, delays, diversions, or other intimations that *this time* I am going to lie here. I have conquered every time, especially the times you have specially informed me that you are not going to be made a slave of any more, like the women that write to *BABYHOOD*, and all that. I will work my lungs now until I bring out the cold sweat all over you and convince you that I will surely cry myself into a rupture; throwing up my dinner will be only a little interlude to give me a chance to get my second wind. I am in for it now, and will not take a rest until you have taken me up, and then, *then*—remember not to forget it—I will have scored one more for next time, for I always make it a point to add five minutes to my cry-power with each victory." He is taken up, because he always has been taken up *by his mother*, and he knows it. He immediately becomes as good as a kitten, ready for a frolic, proving there was nothing the matter with him.

But let his father appear at the door, under exactly the same circumstances, and it is curious to watch the expression of his funny little face. The corners of his mouth go up and down alternately, his eyes move around uncertainly, and there is a dim look of hesitancy, followed by an apparent measuring of his powers, then a quiet resigning of himself to a soliloquy which reads, "Might as well give it up; I don't care particularly to go through that performance again. The memory of that last shaking makes my brain whirl; and my ears yet retain the thunder of that furious roar, '*Be still, sir! stay right there!*' When I'm big enough will be the time to get square with *him*. Meanwhile I'll take it easy, since I know he is boss." After this cogi-

tation, which sometimes involves considerable squirming and irresoluteness (his eye on me all the time), but always ends with submissiveness, we have a little play, and go through quite a programme of various kinds of amusements; and when it is done, or if for any reason it is interrupted, a peaceable ending is assured by a word of gentle but determined command to lie still, in which it is the look and tone, of course, not the words, that have the effect.

Now, I don't mean to say that these are samples of what invariably happens, for there are times when he will lie still for his mother, and times when I take him up and quiet him with a little petting; but for the exceptional cases there are good reasons existing, which I firmly believe he recognizes. My point is that there can

be no reasonable doubt that he discriminates distinctly between the kinds of treatment that he is tolerably sure of on the part of his father and mother. With one it is the relation of master and slave; with the other, slave and master. I think it interesting enough to report, and enclose my card, confidentially, to vouch for its being a fact, substantially as stated. Whether it is unusual at so early an age I don't know.—

*J. Smith, Boston.*

**Singing at Twenty Months.**—I know a boy who at twenty months would sing the syllables "do, do," in a clear, sweet soprano, accurately giving the tones an octave apart. It was not taught him, but acquired in some way by his observation. His father and mother are both musical.—*Mrs. George Archibald, Elmira, N. Y.*



## NURSERY PROBLEMS.

### Hives—The Cause and Cure.

*To the Editor of BABYHOOD:*

Will you kindly tell me if there is any cure for hives? I have a little boy, now eighteen months old, who is perfectly healthy in every respect, but is greatly troubled with hives, and has been since his birth. He has been raised on condensed milk, Eagle brand, and has only commenced to take solid food within the last two months. I can't observe that his diet has much to do with it. He inherits the trouble from me, and, knowing what an affliction it is, I wish to try everything to relieve him.

*Oakland, Cal.*

Mrs. C. S. B.

It should be mentioned that the term "hives" is a popular name for several disorders of quite various character. First, it means croup, especially catarrhal croup. This application of the term seems to be not common in America, but it may have formerly been, as the name survives in the popular remedy for croup now passing out of use—"hive-syrup." Secondly, the name is applied to various skin eruptions, and apparently to any that are supposed to depend upon any internal cause. Of these the particular eruption *urticaria*, or nettle rash, is

most commonly intended. In answering we shall assume that this is the disease meant by our correspondent.

Both the scientific and popular names just mentioned are derived from that of the stinging nettle (several species of *urtica*), which produces this eruption if it touches the skin, at least in many persons. The eruption is composed of wheals, raised above the surface a sixteenth of an inch or more, which are white or pink and surrounded by a red blush. Ordinarily they are not much larger than a finger end or a cent; in severe cases they form large patches, and it is not rare to see the face swollen by these wheals until it resembles one afflicted with an erysipelatous inflammation. The outbreaks are usually quite sudden, and often they as quickly subside. But many persons are very subject to the disorder, particularly those of a nervous temperament.

The causes are very various. External irritations of many kinds may excite it. Beside the nettle, which stings by its minute sharp hairs,



many stinging insects cause it. The bites of mosquitoes, for instance, may be considered as belonging to this kind of eruption. A stroke of a whip-lash is a well-known instance of external irritant, causing the wheal. We have seen persons whose skin, particularly after a bath, would rise in the track of a simple pressure of a finger-tip. The skin of some persons is chronically in this state of excitability.

Internal causes are also very various. Most common of all is a sensibility to certain things taken into the stomach, some of which affect many persons. Of the multitude of these articles the most familiar are fish, shell-fish, such as oysters, clams, lobsters, and crabs; fruits, especially berries, and notably strawberries. Less frequently vegetables, such as cucumbers and mushrooms, may be the offending food, and some persons are affected by eggs or honey. Many persons are affected only at certain seasons or occasionally, others pretty uniformly by some particular article of diet. The peculiarity does not seem to be always connected with an indigestion, as the effect is sometimes too prompt, occurring almost before the food is swallowed. There are many drugs which produce *urticaria* in susceptible people. Besides there are other less frequent causes which need not be entered upon.

Now, to effect a cure is often extremely difficult; often, on the other hand, very easy. This depends in part upon the varying character of the ailment as to pertinacity and upon the good fortune of the physician in ascertaining what is the particular cause in any given case. The successful remedies may, for the greater part, be classed under three heads: (1) Those which clear the intestinal canal of the offending substance, if food seems to be the cause of the trouble. The household remedy of rhubarb and soda, or rhubarb and magnesia, maintains its place among such. (2) Remedies which act as antiseptics upon imperfectly digested or fermenting food. Among the most popular of these are sodium salicylate and sulphurous acid, or the sulphites. (3) In cases more or less chronic, tonics, especially Peruvian bark and its derivatives, are very useful.

For the temporary alleviation of the itching, sponging with alkaline solution (soda and water), with alcohol, or the rubbing on of an ointment containing chloroform, seems to be as successful as anything we know.

The main point, however, is to find out the cause, and in the case of your baby we think the most probable source of mischief lies in the in-

testinal canal. An occasional clearing out of the bowels with the rhubarb and soda, and possibly a tonic, will be the safest plan.

### Thin Hair.

*To the Editor of BABYHOOD:*

I have reason to believe that my little girl, now three-and-one-half months old, has inherited a weak growth of hair. Can I do anything now, or a little later, to strengthen the head and roots?

Brooklyn.

C. H. S.

It is too soon to be anxious about the child's growth of hair. It may never have an abundant growth, but its present thinness is no evidence to that effect. The greatest variability exists in regard to the time when the hair becomes thick. We have seen children at birth whose hair was so abundant as to need a regular toilet, and who, at three months of age, looked as if they were wearing wigs. On the other hand, we know adults whose hair is very thick who were practically bald up to two years of age.

Nevertheless, as you are anxious, we may give you some hints as to what to do and what not to do. If the hair had fallen from an illness or from a disease of the scalp, some medication would be advisable; but in such a case as you describe it certainly is not. What you have to do is to give the scalp the best possible chance to grow the hair. See that the scalp is always clean; that is, free from dandruff, from the flaky deposit often met with (seborrhœa). See also that the head is not heated nor unnecessarily covered. But in giving this attention do not irritate it. Do not rub it roughly, nor use much soap upon it. Wash it gently, dry it gently. Remove any deposit upon it by very gentle friction with a finger anointed with vaseline or any perfectly bland oil. Use a very soft brush in arranging the hair and avoid combs altogether. Adhere to the same gentle precautions after the baby is older, and you will have done, in our judgment, the best that can be done. If any actual scalp disease ever makes its appearance, then consult a physician familiar with skin diseases.

### Night-Nursing—On What should Baby Sleep?

*To the Editor of BABYHOOD:*

My baby is not one of the pale kind, but is of a natural, healthy color, very strong, fat, active as a kitten, and always happy and good-natured. She is now eight months old, and seems to be cutting her eye and stomach teeth and grinders. When seven months old she had eight teeth—four above and four below.

She has natural food, and my supply is more than sufficient, although I am very frail and weak. She has always insisted on nursing every two hours,

and sometimes she gets it oftener, for it is impossible for me to put her to sleep without it. At night she nurses every three hours, and actually won't go to sleep if hungry (as she really is, I think) without being satisfied. I don't know how I shall ever wean her nights, and it seems to me just now it is more important for her to sleep and gain strength for her summer teething. Don't you think so? I would like to ask what Baby should sleep on. She is very warm-blooded, and feathers make her perspire frightfully. Have been obliged to put her in gauze instead of flannel. I had a little mattress made—excelsior with cotton top—but, even with comforters over it, it will compare favorably with a rock.

Cleveland, O.

The point is this: Do you prefer to keep on nursing her several times a night all summer, or to have two or three disturbed nights in breaking her of night-nursing? She prefers to nurse, of course; it is her habit; but we doubt if the baby exists who "actually won't go to sleep" after it is convinced that it is not going to have its own way. It will be a trial to you whenever the struggle comes. You can postpone it until autumn if you prefer; then it must come.

Feathers should not be used, we think; nice curled hair is the best thing we know, or for hot weather a woven wire mattress with a folded quilt upon it.

#### Feeding Condensed Milk—Lime-Water—Oatmeal-Water—Discharge from the Ears.

To the Editor of BABYHOOD:

In your article on baby-food you said so little as to feeding on condensed milk that I write to ask you about it. I live in the city and am afraid to trust to a dairyman for milk for my baby, and think the condensed milk (Eagle brand) is safest, as I can always know that it is fresh. But my baby suffers so much from constipation I fear it does not agree with him, though he seems to fatten on it. Will you please give me your ideas on it—what proportion of water, whether cold or boiled, to the condensed milk, and how much at a time and how often? The baby is nearly four months old. Also, if I add a little oatmeal to his milk, will it benefit him, and what proportion? Lime-water has been suggested to me—what proportion and how prepared?

For a month past the little fellow has had a slight discharge from the ears. What is best to do for him? I syringe with warm water and castile soap, but it does not heal entirely.

Memphis, Tenn.

We do not like condensed milk as well as good fresh milk, but if the latter cannot be had the former will generally do. The Eagle brand is, we believe, made with every attention to the details of cleanliness and from excellent milk. We assume that you use the canned, preserved, milk. The best rule we can give you for mixing it for a child of four months is this: To a gill of cool water add the condensed milk, little by little, stirring well, until the mixture seems

to you about the equivalent of first-class fresh milk. Then add an equal quantity of boiling water, mix well, and put into the nursing-bottle. When you have once determined the requisite amount of condensed milk, you can mix it at once (without delaying to add little by little) with the required amount of blood-warm water. It is safer to err on the side of making the food too weak than too strong.

Lime-water is bought at the druggist's at such small expense that it does not pay to prepare it. As your child is constipated it probably will be as well without the lime-water unless some special reason for giving it exists. The oatmeal-water will very probably be beneficial. A convenient way to prepare it is this, if you have oatmeal for the family breakfast: Of the porridge take as much as you can lift with a tablespoon, put it into a quart of cool water, raise to a boil, stirring to prevent burning, and strain. This water can be used in place of ordinary water for diluting the milk. If you do not eat porridge you must prepare your gruel with more detail. Ordinary meal requires soaking over night and prolonged boiling. But there are some varieties in the market which by reason of some previous preparation (steam-cooking, or what not) are quickly cooked.

The ear trouble may mean much or little, but it should always be considered as possibly serious. Your syringing is good as far as it goes. As the discharge persists, you should see, at least once, a physician familiar with ear-diseases and let him tell you if further treatment is needed.

#### Soap Suppositories.

To the Editor of BABYHOOD:

The soap suppositories mentioned on page 158 of April BABYHOOD are prepared in what manner?  
Oak Park, Ill. S. S. R.

Very simply. Cut from a bar of soap, of good quality (castile has the advantage of tradition), a slip two inches long or longer.



Cut or serape it into a cylinder and point one end as a pencil is sharpened, but with rather a longer slope. Make it quite smooth by seraping or with a wet finger. When it is to be used anoint it with oil or vaseline, gently introduce the pointed end, and hold it in place until the action begins. It is not usually desirable to leave any soap in the bowel. We illustrate a size and shape suitable for an infant.

### Nursing Sore Mouth.

To the Editor of BABYHOOD:

Can you give a cure for "nursing sore mouth"? If not, please give such advice as you can and greatly oblige,  
A SUFFERER.  
*New Bedford, Mass.*

The disease known as "nursing sore mouth" is, fortunately, a very rare one nowadays, at least in this city. Some thirty years ago it excited much discussion in American medical journals in various parts of the country. It has been known to be epidemic, in such cases always, or at least usually, after some bad climatic or hygienic conditions have existed. The disease is probably always dependent upon anæmia (thin blood), and it sometimes occurs before delivery, and has even attacked males. Authorities agree that the surest cure lies in tonics, iron, quinine, cod-liver oil, good food, and perhaps wine. One writer goes so far as to maintain that it is neither more nor less than scurvy. The best preventives are good, generous diet and good hygiene during pregnancy, as well as during the nursing period.

### Rupture—Catarrh.

To the Editor of BABYHOOD:

My little boy, nearly five, is a delicate child and of very nervous temperament. He is very bright and active, though I have always tried to restrain him, believing that physical development should precede mental. I have been careful of his diet, and have kept him regular in his habits, not allowing him to be up beyond his bed hour and avoiding everything that would unduly excite him. But he has not been well for several months, growing very thin and hollow-eyed, and complaining of feeling tired all the time. I could not discover the trouble till he complained of a pain in his navel, and from BABYHOOD's article I suspected a rupture. I had my physician examine him, and he confirmed my suspicions. I am having a truss fitted to him, and shall use every means to cure him.

He also had catarrhal tendencies, his colds affecting his head and throat. Do you think his general debility proceeds from the rupture? Can you suggest any regimen that would strengthen him and build up his general health? Would salt-water baths be beneficial, and if so, what is the best time to give them? What remedies are best for the catarrhal trouble? I have heard tar-water and tar-smoke recommended.

*Norwalk, Ohio.* AN ANXIOUS MOTHER.

We do not think the debility depends in any way upon the rupture; the rupture may possibly depend upon the debility: probably they are independent.

On the other hand, the catarrhal tendencies and the debility are probably expressions of one cause. Read over again the article on "Scrofulous Tendencies" in February number, and that on "Chronic Throat Troubles" in January

number. The salt-bath (indoors) will be of some value, at the sea-side of more. If you use the former, let it take the place of the morning bath. The best remedies for catarrh outside of regimen consist in local treatment. Some of the latter can be carried out by the patient, but only after personal instruction by a physician.

### Keeping Covered at Night.

To the Editor of BABYHOOD:

Please tell me how to keep a baby thirteen months old covered at night. I have a woven-wire crib, and can tuck the covers down so that she can't pull them loose, but lately she has found a new plan, which is to work out from under the blankets in some way only known to herself. I find her regularly each morning asleep on top of the nicely-arranged blankets, often with her head towards the foot of the bed. She has only been ill twice in her life, and both times it was from colds taken from sleeping uncovered.  
H. H. S.

*Hanover, Pa.*

The fact that your baby insists on escaping from the bed-clothes suggests that she is too warmly covered for her comfort. Whenever we have to deal with one of these cases we urge that the night-dress be made warm enough to be used without bed-clothes, and that it be very wide at the bottom for freedom of movement and arranged to be securely closed by buttons or safety-pins so that it cannot be kicked open. In this way a sufficient and permanent cover can be insured. All plans of fastening clothes that are safe can be circumvented by a heat-restless child. It is possible to further protect a child without burdening it by laying a blanket over the crib in such a way that it hangs over the sides and foot, and covers the child without touching it, making a sort of tent. This we have found a convenient protection against draughts on warm nights.

### Amount of Sleep Necessary.

To the Editor of BABYHOOD:

My little girl has given up her day nap, unless she is specially tired or not perfectly well. She goes to bed at seven, is generally asleep before half-past, and sleeps soundly until about six in the morning. Is ten or eleven hours enough for so young a child? She is strong, well, and not at all nervous or excitable, though very forward in mind. She is constantly in the open air, and takes long walks besides her active play.  
B. B. C.

*Philadelphia, Pa.*

We cannot answer quite assuredly from want of information as to her age. From her long walks we guess her to be over two years old. If so the amount of sleep will do. More might be better, but children vary nearly or quite as



much as adults in their need of sleep. If the child thrives and is of calm temperament we think you need not be anxious.

#### Ringworm.

To the Editor of BABYHOOD :

My little boy, four years old, has a "ringworm" on his forehead about one inch and a half in diameter. I have used a preparation of potash, and it seemed to stop it for a while. I am now painting it with iodine, but it does not seem to do much good. Can you tell me what causes it, and how I can cure it? It cannot be hereditary, for I am perfectly healthy, and have never had anything like that, nor has his father.

Mrs. C. H.

New York City.

Ringworm is not hereditary. It is due to a vegetable parasite which grows upon the skin. The cure consists in allaying inflammation and killing, to the last spore, the parasite. The tincture of iodine is usually successful if persisted in. It must be painted over all the changed parts of the skin. Daily frictions with green soap—a kind of soap much used for skin diseases—are useful, and any germicide not too strong will help. One of the safest for domestic use is the hyposulphite of sodium. Dissolved in five parts of water, it may be applied locally. On the face care should be taken not to use too strong applications, as slight scars may be caused.

#### Prominent Ears.

To the Editor of BABYHOOD :

My little boy is nine months old and his ears seem to stand out more and more all the time. When he was younger he was a frail child, and I did not dare to do anything about it; but now that he is rugged, can I not correct this feature by tying them back in some way? He has otherwise a handsome face.

Hartford, Conn.

M. D. H.

It is probable that persistent bandaging might

press the ears flat; such treatment is successful in arresting the growth of the feet in certain classes of women in China. But we are entirely certain that we would not allow any such thing to be done to any child that we could defend from it. The object to be gained is of trivial importance compared with the persistent discomfort—running over months or years—that must be inflicted upon the child.

#### Condensed Replies to Various Letters.

*Mrs. F. T., New York.*—The early cessation of night-feeding is advocated for several reasons. First, because it is better for the digestive organs to have a rest. Strong children, such as yours appear to be, can stand the extra feeding perhaps without injury, but the average child cannot. Secondly, the child, if weaned from night-feeding early, does not expect anything at night, and so gives less trouble and sleeps better. An additional advantage is that, as less liquid is taken at night, the baby is less often wet and needs less frequent attention.

The habit of keeping bottles warm under the pillow we have known of before. It is objectionable because of its hastening fermentation of food.

*C. H. S., Brooklyn, N. Y.*—There is no impropriety that we know of in alternating the two kinds of food you mention. You are in error in supposing that we disapprove of oatmeal. It must be made into a thin gruel for so young a child and mixed with milk. In preparing Baby's food, and particularly oatmeal, taste it every time, as occasionally some neglect of detail renders it unpalatable and the apparent fickleness of the baby's taste is well grounded. Oatmeal as sold is notably variable; the best is delicious, but much is detestable. You can have in reserve condensed milk, fresh milk, scalded and diluted; peptonized milk, and a multitude of other things, but be sure first that the two already in use are not enough.





## BABY'S WARDROBE.

## Summer Normandy Cap and Blouse Dress for Little Girls.

THIS very becoming cap for little girls can be made of white or colored batiste, and is easily fashioned after the diagram of pattern given in

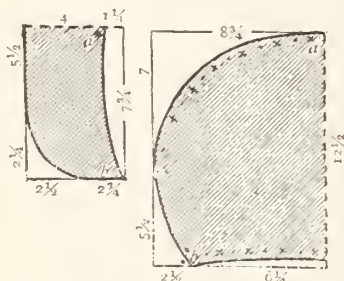


FIG. 1.

FIG. 2.

figures 1 and 2. Figure 2 gives half of the crown, which is closely plaited along the sides, denoted by stars, and fitted to the front part,



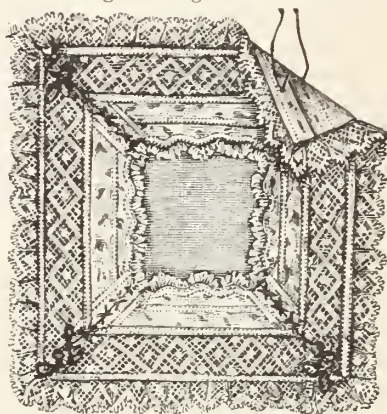
figure 1, according to *a* and *b*. The back of the cap is finished off by a ruffle; the face is trimmed by a full-plaited ruffle set on in the

centre by a narrow fold, cat or machine stitched. Broad tie-strings of batiste close the cap under the chin.

The unique decoration on the little blouse dress of lawn consists of colored herring-bone stitching on the tucks of the yoke and sleeves. On the latter the tucks are arranged in such a manner as to leave a puff at the top and the bottom, the latter being gathered into a band at the wrist wide enough to allow of the hand slipping through easily.

## Pillow-Slip for Crib.

As indicated on the turned-over corner in the illustration, this slip is arranged to close by means of lacing, although buttons and button-



holes can be used if preferred. The novel decoration consists of a strip of damask three inches wide, faced at the mitred corners to the depth of an inch, and there provided with eyelet-holes. The inner side is cut into scallops which are edged with narrow lace and fall over the centre square of sateen. On the latter a monogram may be worked. The outer side of the damask strip is edged with lace insertion set on by a narrow fold, the ruffle around the edge being set on in like manner. Fine blue or pink cord is laced through the eyelets and the lace insertion, and finished off at the corners with loops and small silk balls.

## Home-Made Infants' Shirts.

VERY nice Balbriggan shirts for infants' wear can be made from the tops of ladies' long unbleached Balbriggan hose. They must be ripped

and shaped, and the seams sewed over and over by hand. The ankles will cut the sleeves, which should be quite large at the arm-hole. Bind the neck with tape or flannel binding, and finish the back with a facing on one side and a strip for buttons on the other. Close with two buttons and button-holes. The sleeves should have webbing at the bottom, which should always be saved from worn-out wrappers.

Nicer ones still, and cheaper than those to be bought ready-made, are easily obtained. Buy a Balbriggan shirt of largest size made for gentlemen. This will cut four, which, with the addition of webbing and tape on hand, are just as nice as those sold for 50 cents in the stores.

*Rochester, N. Y.*

L.

#### Lap-Protectors.

A PAIR of lap-protectors, sent as a gift soon after my baby's arrival, have proved so useful, and at the same time have been so much admired, that I think others would like to know about them. They consist of two cases of white corduroy, twenty inches long by twelve wide, madelike pillow-cases, and with buttons and button-holes to fasten the end left open. These are trimmed all around with heavy linen lace about three inches wide. Inserted in one of these is a piece of thin rubber sheeting, doubled and

stitched around so that the rubber side of the cloth will be uppermost, whichever side of the case is laid next the lap. Of course the rubber is made to fit the case. The rubber can easily be changed from one to the other when necessary, and these lap-protectors can be washed any number of times.

H. J. B. D.

*New York City.*

#### Comfortable Petticoats.

By the time my babies were two or three months old they were so large and fat that their petticoats were always slipping and dragging down, even when they were well fastened with safety-pins; so I concluded to try the experiment of arm-holes and shoulder-straps, which I made quite wide, so that they would not irritate the skin. This plan worked nicely, and I arranged all the others in the same manner, without the least discomfort to Baby, and much less for myself, in dressing him after the morning bath, which seemed an easy task without so many of those safety-pins, that are always getting broken or lost, and sometimes bend double when you are in an unusual hurry. The small buttons on the back can be removed nearer the edge as the child grows stouter, and, if they have a perfectly flat surface, will not injure him in any way.

*Morristown, N. J.*

A. D. A.



## THE MOTHERS' NOTE-BOOK.

### Tact in Management.

HELEN HUNT tells the story of a mother who kept her room with her little boy for two whole days in the effort to induce him to say "please" when he didn't want to. This protracted and painful period terminated at the time stated in the complete capitulation of the little rebel and exhaustion of a most self-sacrificing mother. On first hearing the story we were inclined to extol the self-denial and rare persistence with which, putting aside every question of personal comfort and convenience, this mother was led to devote herself to this phase of child-

ish wilfulness. On second thought, however, if it could be done without irreverence, we would say that the persistence was worthy of a much better cause. Circumstances *may* occur, crises in domestic life and happiness, in which some such vigil may be necessary; but we doubt very much whether this was one of them. Indeed, in the case alluded to we are inclined to think that some much lighter penalty would have sufficed to meet the emergency. In the contest of wills between parent and child, at times inevitable, there is a danger that the desire to carry our point may be the one determining our action. We believe that this is entirely possible in cases

that originated from a different motive, and that when it exists it is not always recognized.

Dr. O. W. Holmes, in the "Guardian Angel," tells us that Miss Silence Withers, who had the care of Myrtle Hazard, "started from the approved doctrine that all children are radically and utterly wrong in all their motives, feelings, thoughts, and deeds, so long as they remain subject to their natural instincts. It was by the eradication, and not the education, of these instincts that the character of the human being she was educating was to be determined. The first great preliminary process, so soon as the child manifested any evidence of intelligent and persistent self-determination, was to break her will." Miss Silence died nearly thirty years ago, but her principles survive, in some modified form, in these our own times. Let us not forget that the secret of properly meeting such crises as these lies not in eradication but education.

But, necessary, imperative as it is to meet the issue when it comes—and this happens often at a very early age—it is no part either of duty or of prudence to needlessly create it. Certain essentials there are in which there should be no question as to a prompt obedience, but it is unwise to bring wills unnecessarily into collision. There was a famous Roman general who achieved a great reputation, and a title that has come down from his age to ours, because of the tact that crowned his generalship. And this tact and generalship were little more than a most pronounced caution in all his movements. Now, while the figure of a contest between opposing military forces may not be the most apt in depicting the position of a parent towards a child whom he wishes to lead and not coerce, it may yet be said that the greatest success will attend the government of that parent who to a thorough knowledge of child-nature adds a loving purpose of self-adaptation. Inasmuch as two persons of equal capacity and individual training are rarely at one in all matters of opinion, it cannot be expected that the unformed mind of a child will always accept parental wishes with unhesitating alacrity. Put yourself in his place, and, while insisting upon the child's acceptance of cardinal principles on your *ipse dixit* until he develops intelligence enough to adopt them as his own, give him as few of these as may be necessary.

On the other hand, there are people who exact from their children a slavish obedience that extends to the merest trivialities. Permission must be asked for everything the child does or

wishes to do, and consent or denial are largely influenced, in the case of these nervous, fussy people, by the state of their nervous system or digestion. It seems to us that it is wise to fasten at as early a period as possible the beginnings of self-reliance. The scope will at first be very limited, but if opportunities for cultivating a sense of responsibility be sought, many will present themselves. There will thus be a seed sown in morals whose future growth must be constant and salutary. D.

*New York.*

#### The Need of Sympathy.

CHILD-LIFE has many needs, but there is none stronger than that of outspoken sympathy. Some children are well fed, well dressed, and well taught, while yet they go hungry for demonstrations of love. They may be adored, admired, and trusted, while yet they feel themselves watched, criticised, and distrusted. Let the home-training be ever so severe, if sympathy keeps pace with it the burden will seldom be greater than the child can bear. Parents fear that speaking their compassion will counteract the discipline or lessen their authority. If it be necessary to preserve sternness during the time of discipline, in order to gain the end in view, let sympathy follow close upon submission. Introduce a remark like "It's pretty hard work to remember everything, isn't it, dear?" or, "Baby feels like crying this morning, but he's going to be a brave boy and will not cry." Can any experience be more dreary than that of a child when it feels its mother's heart turned away from it? The world looks like a great barren expanse with no place to rest. K. Z.

#### The Childhood of Distinguished Men.

IF parents need encouragement in the daily task of working with and for their children, they will find such encouragement in the recent series of articles by various eminent men, entitled "How I was Educated," which have appeared in the *Forum*. Rev. Edward E. Hale says: "I owe my education chiefly to my father, my mother, and my older brother. My father always took it for granted that the children were interested in what was worthy of interest, and he made us partakers in his life." Col. Thomas Wentworth Higginson tells how his first literary taste was formed by his mother's reading aloud, while he lay stretched on the rug by the fire, dreaming over the wide world which the books opened before him. President F. A. P. Bar-



nard, after speaking of his school teachers, says : " Their personal relation to me, as I recall them, seems to have consisted chiefly in ' setting ' me lessons, in listening to my recitations, correcting my blunders, and telling me ' I had better mind ' when I was restless or disorderly. I derived almost everything that is good in me from my mother's careful teaching." Chancellor John H. Vincent, of Chautauqua fame, says : " My mother was an incarnation of consistency, fidelity, self-sacrifice, and serenity. Her daily life was controlled by her faith. Therefore I could never think of education as a mere disciplining or furnishing of the intellect. To my thought, it embraces the developing and ordering of the whole manhood. This was my mother's doctrine, constantly reiterated by my father." President Dwight's article is full of interesting allusions to the influence of his home-life and his parents. In speaking of his mother he says : " To live under her influence was an education in itself." And in conclusion he says : " How I was educated, ends where it began : I had the right mother." In contrast to this, President E. G. Robinson speaks rather sadly of his early life as a mere

blank, saying : " The young negress who looked after me in my early years fulfilled all her commission in keeping me out of harm's way."

In all these articles, where the early life is spoken of, the home and the parents have been the great influence in determining the course of the whole life, and in making it a life worth living. A.

*Madison, Wis.*

### Moral Heredity.

IT is the melancholy experience of many parents to see their own faults and defects reappear in their children. To fight down a sin, an appetite, a passion ; to defeat it at the cost of a struggle that left its mark upon you, and then to see that hated thing rear its almost forgotten self in the head or heart of your dear child, is to know a not uncommon penalty and one of peculiar bitterness. To handicap the physical, mental, and moral future of son or daughter through inherited tendencies, the outcome of one's own vices, is to take a responsibility recklessly assumed every day, but one to make the thoughtful shudder. There is a moral as truly as a physical heredity. X. X.



## THE MOTHERS' PARLIAMENT.

### Animal Food for Children.

*To the Editor of BABYHOOD :*

I would like to give an account of certain experiences, which will, I think, be new to any one who is not like myself a vegetarian, and which would seem to prove a fact bearing directly upon the question of the diet of very young children. That fact is that animal food has a distinctly inflammatory effect upon those unaccustomed to its use, and in such persons is liable to fan into a flame the slightest tendency to fever. The experiences which seem to prove this are as follows : Many years ago one of my family, who had been a vegetarian for about seven or eight years, was kept in bed several days with a very violent, feverish cold, which threatened pneumonia. On the fourth day, however, the worst symptoms were over. There

was scarcely any cough, and no fever, so the doctor was very anxious to begin to give some mutton-broth. The patient, having the strong appetite of a convalescent, allowed himself to be guided by it, against his better judgment, and the broth was taken. Within three hours from that time the cough and fever had returned with far greater violence than before, and from that moment the patient settled down into a regular attack of pneumonia. The doctor never for one moment questioned the fact that the relapse was caused entirely by his broth, and remarked : " I have made a dreadful mistake, but my excuse is that I have never had a vegetarian patient before, and had not the slightest idea of the effect of animal food upon one unaccustomed to it."

I have recently had a little experience myself



of this same effect of animal food. It is my custom when taking meals away from home to eat whatever is set before me, that being most convenient for myself and those who entertain me; but as such occasions are rare I am practically a strict vegetarian. I lately lunched with a friend at a time when I had a very slight cold, which on that day seemed almost entirely gone. I ate soup, fish, and meat. In about two hours I was seized with a violent fever-thirst which no amount of water could quench, which was quickly succeeded by one of the very worst colds in throat and head that I had had for many years. As there was no exposure to cause this sudden and violent change from a very slight cold, rapidly diminishing, I certainly believe that it was caused by the unaccustomed use of food which, having an inflammatory effect upon me, violently increased the slight tendency to feverishness which undoubtedly belongs to most colds.

Now, do not these experiences throw some light upon the question of how soon a little child should begin to use animal food? A baby who has never tasted meat is in the same condition in regard to it as the adult vegetarian. How, then, can it be safe for it to begin to use it at a time when there is a distinct tendency to feverishness and general disturbance on account of its teething, which is seldom over before two and a half? Yet nearly all children have meat given to them long before that age, and many have beef-tea or broth even during their first year, especially if they are delicate or ailing. We all know that if we give meat to a kitten or a puppy we greatly increase its tendency to disease, and it is extremely doubtful whether we shall succeed in rearing it; yet who pretends that man is so thoroughly a carnivorous animal as a cat or a dog? Why, then, should his infants use animal food with impunity, when even carnivorous babies must wait till they have not only cut all their teeth, but have actually attained their full growth before meat is their proper food?

There are some scientists who, though not vegetarians, yet believe that meat should be kept from children up to the time of their full maturity. Dr. Felix Oswald advocated this a few years ago in the *Popular Science Monthly*. Though few will be found to agree with him, yet the rule does not seem too radical for general acceptance that animal food should at least be withheld up to the time when the first dentition is accomplished. C.

*Massachusetts.*

### Need of Care in Scripture-Teaching.

*To the Editor of BABYHOOD:*

I was very glad to read in the April number of *BABYHOOD*, among the Editorial Notes, the remarks upon "Theology for Infants." It reminded me of the real dread and suffering I underwent when I was about five, or may be six, years old in attending the infant-class of a certain Sabbath-school. Two things only of that which I heard entered my comprehension and frightened me nearly out of my wits, so much so that I dreaded passing the church ever after. Strange to say, I never once thought of telling anybody of my fear, not even my mother. I must have been too afraid to speak of it, I suppose.

The teacher described in glowing terms, and very vividly to our infant minds, the terrors of the "Day of Judgment." The sky was to roll away like a scroll of paper, the Son of Man was to appear upon a throne surrounded by all the holy angels, the graves to give up their dead, who were to run and cry out to the hills to cover them; then, to cap the climax, we were told that this could happen at any moment! Oh! the terror that struck my heart then. It turned me into a most timid child for many years after, until I was old enough to reason myself out of it. I ran all the way to school, and again fear hastened my feet in returning home in utter dread that the terrible event would happen and find me alone, far from any friend. To be in the proximity of a graveyard was torture, expecting at any moment to see the graves burst open and the dead appear.

Another Sunday the teacher described how Samson raised up his hands, placing them upon the pillars in the Temple, and shook it down upon all the people. As she graphically described the scene, stretching her hands forward in imitation of Samson, I fully expected that the building we were in would totter and fall in a like manner.

Then I once heard an older girl telling a sister that everybody's bed was watched over at night by Matthew, Mark, Luke, and John, who stood at each of the four corners and "blessed the bed that we lay on." After that I dreaded going to bed, for I couldn't bear to think those people were there watching me, and was afraid I would see them some night. Yes, I fully agree with *BABYHOOD*, and think one cannot be too careful in expounding the Scriptures to children of tender years and sensibilities. M. M.

*Valencia, Spain.*

**A Dangerous Habit.***To the Editor of BABYHOOD :*

I would like to warn mothers against allowing children to contract the habit of inserting things into any opening in their persons, as into the nose, ears, etc. I know of a little girl who, in playing with a box of buttons, pushed a shirt-button into her nose. By giving her something to make her sneeze the button came down. A few months afterwards she picked up a shoe-button from the floor and, going quietly to a corner of the room, put it up her nose. Becoming frightened, she rushed to her mother and told what she had done. Sneezing proved unavailing this time, and as the shank of the button had gone in first, the smooth, rounded surface of the top made it impossible to catch hold of it. The doctor had to be sent for, and he extracted it with a pair of pincers. The little girl was, of course, terribly frightened, but the doctor warned the mother that the child would undoubtedly try something of the same kind again. The mother, however, thought the child had been so thoroughly frightened that there was no further danger. Shortly after this, however, a wad of worsted, picked out of a blanket, was pushed up the nose, and not many weeks after that the child inserted a hair-pin into the rectum—far out of sight. After much pain and suffering this was extracted by the help of an oily enema. The mother has learned now that nothing but constant watchfulness will cure the child—watchfulness which, if faithfully given at first, would have saved much suffering and many a heartache.

*New York.**MATERFAMILIAS.***Shall the Baby go to Church ?***To the Editor of BABYHOOD :*

There are many persons who are so selfishly or thoughtlessly inconsiderate as to permit their children to be a source of annoyance to others; and yet I would not like to have babies and young children banished from meetings and "assemblies not especially intended for little folks." Not that I think the young children are themselves much benefited by attending such places, but for the sake of the very many mothers who, unless they take their babies out with them, are absolutely shut up at home for months and years.

I know from experience something of the good it does one after being confined at home nearly a year to get out once more and merely to see the faces of a number of fellow-mortals, and to clasp hands with a few friends, even though the care of my child prevented my full enjoyment of the services attended. It has been suggested by

one writer that father and mother take turns in staying with the children when there is no one else to take care of them. That would, of course, be much better than to take the children to church if they do not behave well. In many cases, however, it is impossible for the father to stay at home.

Out West we are not so formal in meetings as they are in the East, and if a child sometimes happens to make an audible noise or even to "speak right out in meetin'," or if it is necessary to take it out, no one is shocked or disturbed.

Last winter I was very desirous of attending a meeting my husband was holding, but hardly expected that my twenty-months-old boy would permit any enjoyment of it. The first night as soon as he spied his papa in the pulpit, before I could stop him, he ran up the aisle calling "Papa! papa!" and actually climbed into the pulpit and grabbed him about the legs, surprised that papa paid no attention to him. I quietly went and took him away and he made no further trouble. Of course the congregation were a little amused, but was any harm done? I took him nearly every night for two weeks and he usually went to sleep, and I was enabled to enjoy a great deal of the meeting instead of being lonely at home.

*K. A. S.**Lovington, Ill.***The Refusal to Nurse and its Consequences.***To the Editor of BABYHOOD :*

The physician of the present time finds in his professional experience two classes of patients daily becoming more common—mothers whose constitutions have been seriously injured by neglecting to nurse their infants, or more commonly only the last infant, and children with weak and diseased constitutions belonging to that generally wretched class called bottle-fed. There is no longer any doubt as to the value of BABYHOOD as a public educator, but the advertisements of infants' foods, milk substitutes, etc., are certainly misleading, and may in some cases have already accomplished harm, if all the statements are accepted as true. The statement made in a former communication, that "the breast-milk of a healthy mother cannot be equalled by any combination of ingredients devised by man," must be my text for this paper on nursing.

In the excellent article on weaning published by Dr. Meigs some time ago we see that BABYHOOD's advice can begin very early; but it seems to me that it would not be amiss to offer a few words of advice to those who are not yet but are soon to be mothers, concerning nursing.

Directly after labor the process of involution, or more popularly speaking, shrinkage of the womb, takes place, and an organ weighing nearly if not quite twenty or thirty ounces must be reduced to a few ounces. If this takes place steadily and properly, at the end of six or eight weeks the womb has pretty nearly returned to its normal state, or to the size and weight it possessed before conception took place. To attain this desirable condition two things are necessary—first, that the blood supply be diminished; secondly, that absorption of the contents of the uterine walls take place as soon as possible. Of course in this paper we assume that the mother is healthy, and that she has not been suffering with constitutional disorders. The process of nursing is the one provided by nature to bring about this shrinkage. The breasts have already, in the early stages of pregnancy, commenced to change in size, and the secretion of milk has commenced and shows positive signs of its presence the third or fourth day after confinement. The secretion of milk continues in the nursing mother, gradually increasing, for several months. While the circulation is increased about the breasts and the function of nursing is actively carried on, the womb is enabled to return to its normal shape and size.

This is nature's provision for the welfare of both mother and child; but where nursing does not take place the chances for healthy involution are diminished, and a state of unhealthy subinvolution or swollen, heavy condition of the womb is induced, and the mother commences a life of unhappy invalidism. So much disease, suffering, and even mental unsoundness can be traced to this cause—refusal to nurse—that I feel justified in calling attention to the matter plainly. But although these disastrous effects are seen in the mother, it is the poor little baby who is most to be pitied. Some arrogant and conceited nurse has urged the mother not to nurse, and some society women are glad to throw the blame anywhere for neglecting their duty if they can only meet with as little hindrance as possible in the strict requirements of fashionable life. A nursing baby is a bother to some, and a bottle will do just as well, they pretend to think. What a dreadful mistake! Of course there are some women who cannot nurse their offspring who would gladly do so, but many who think their supply too limited could easily increase it, and thereby save their own health and possibly the life of many a poor baby who has died, fed only by the much-vaunted "substitutes for mothers' milk." Some firms

claim that their preparations are superior to the milk supplied by the average American mother. What a delusion! ay, what a slander! One drop of nature's God-sent supply is worth almost any quantity of artificial food.

Nursing, then, is the gift that blesses the giver and the partaker, and the mother who would cheat her helpless offspring and offer it a bottle instead of her breast cannot know the wrong she is perpetrating. Where accidents have happened, and one breast has been injured by inflammation or abscess, the other breast can still be used, if only part of the time. A little breast-milk even is better than none, and has saved many lives and much ill-health.

The ancient Romans regarded with great respect the woman pregnant, and made way for her with manly deference in the street. Not only should the wife receive kind and considerate attention during pregnancy, but while nursing she should be treated certainly with as much consideration as a wet-nurse always is! A wholesome, cheerful, and, if possible, sunny sleeping-room, nutritious food, plenty of milk, but little if any tea or coffee, abundance of exercise in the open air, cheerful society, and strict attention to hygiene—all are necessary for Baby's good!

Physicians seem to be very negligent in this matter, and cases of great suffering following such neglect are very common. Let the baby's milk-supply be pure, and let it be that wholesome, God-given supply which comes from the mother's loving breast, whose heart beats fondly for the welfare of her precious infant. What relation can be more sacred, what careful attention to detail for the good of the mother superfluous? Who deserveth better things than a faithful mother?

W. THORNTON PARKER, M.D.

*Newport, R. I.*

#### The Moral Objections to Wet-Nurses.

*To the Editor of BABYHOOD :*

Shortly after the birth of my youngest boy my supply of milk failed, and the question of how to raise him presented itself. My husband and I, warned of the dangers of artificial feeding by our past experience, resolved on getting a wet-nurse and mentioned the matter to our family physician. To our great surprise he attempted to dissuade us from our purpose, mentioning that peptonized cow's milk offered in his opinion a safe substitute for human milk, and dwelling with great emphasis not only on



the many obvious objections to wet-nurses, but also on the moral aspect of the matter. He is a man whose medical advice we implicitly follow and whose character we highly respect, but with all due deference to him it seemed to us that in this matter he was swayed by prejudice and gave us ethical instead of medical advice. Nor am I convinced of the soundness of his ethics; for is it not the parents' first duty to preserve the life of the frail being that looks to them for protection, and is it not the physician's first duty to offer them the best means of doing so? Can there be any doubt that the mother's milk feeding, the wet-nurse is the next best resort? Can a mother afford to do less than the very best for her child, and experiment with artificial foods?—for all artificial feeding is experimenting, and, as daily experience shows, more or less risky experimenting.

Since talking with my physician I have ascertained that his prejudice against unmarried wet-nurses is shared by a great number of ladies in our village, who would not on any account admit one into their homes. I should like to hear the opinion of *BABYHOOD*'s readers concerning the prevalence of these objections. N. N.

#### Experience with the Cup, the Pitcher, and the Bottle.

*To the Editor of BABYHOOD :*

When my baby was between seven and eight months old I began to feed him once a day.

Having learned by former experience that a bottle was the best medium to use, I persevered with that. Sometimes he took to it kindly, and again for weeks at a time he would refuse to touch it. All sorts of things were resorted to. He could drink very well from a glass or cup, but an unexpected jump or push on his part would invariably, before the end of the meal, upset a considerable part of the contents over Baby and whoever happened to be holding him. Finally I tried a little, old-fashioned pitcher with a very sharp nose. This proved quite successful, as the flow of milk could be easily regulated to prevent drinking too fast, and by putting a small quantity of milk in the pitcher at a time there was not so much danger of accident to clothing. A medicine-cup with long nose is also very useful. After all nothing is quite as good for a lively baby as a bottle, for with that spilling the food is impossible, as well as drinking too fast. After five months' persevering Baby has come to like it, too, so no mother need despair if at first the baby makes serious objection to the bottle. One small boy I know of gagged and was much disgusted at the sight of the black rubber nipple, and nothing would induce him to put it near his mouth. A white one, however, proved less objectionable, and, after becoming well accustomed to it, a black one was substituted in the dark, as the black rubber is supposed to be purer than white.

*New York City.*

D.

## THE KINDERGARTEN AT HOME—XI.

BY GRACE C. KEMPTON.

### THE FIFTH GIFT.

"The aim of education is to represent life, pure, inviolable, true to its vocation, and therefore holy."  
—*Froebel*.

THE fifth gift is a three-inch cube divided twice in each of its dimensions, making twenty-seven one inch cubes. Three of these small cubes are divided once diagonally, forming six triangular blocks; and three are divided twice diagonally, forming twelve smaller triangular blocks (Fig. 1). Considering the gift as a whole, the children find it closely allied to the third gift. Before entering into the details we must consider the component parts of the gift itself. We find twenty-one inch cubes; these are to our pupil old friends, but

the triangular divisions demand careful observation. Taking first one of the half-cubes, we find it has one oblong face, two triangular faces, and two square faces; seven edges an inch in length and two longer edges. It has two square corners and four sharper corners.

This combination gives it varied possibilities in building. Standing each alone upon their oblong faces, they may remind the child of mountains or hills, with the valleys between; or of tents in which tired soldiers rest; or hen-coops sheltering tiny chickens and their hen-mammas from the sun and rain; or a row of tiny houses or shops, each with its own family within, or a counter of goods displayed through the opened door. With imaginative children the



kindergartner curbs and directs rather than encourages too fanciful ideas; but where the child lacks the power of such imaginings she must lead him on, that his mind may be developed by increase of its power and capacities.

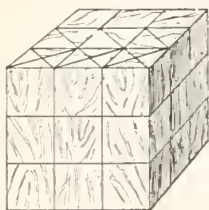


FIG. 1.

In the same way we consider the quarter-cubes, finding that they have the same corners but differ in their faces and edges.

The work in fractions which was begun with the third and fourth

gifts is continued, and a table like this frequently illustrated through play:

$$\begin{aligned}\frac{3}{3} &= 1 \text{ cube.} \\ \frac{4}{2} &= 2 \text{ cubes.} \\ \frac{6}{2} &= 3 \text{ cubes.} \\ \frac{4}{4} &= 1 \text{ cube.} \\ \frac{6}{4} &= 1\frac{1}{2} \text{ cubes.} \\ \frac{6}{4} &= 2 \text{ cubes.} \\ \frac{10}{4} &= 2\frac{1}{2} \text{ cubes.} \\ \frac{12}{4} &= 3 \text{ cubes.}\end{aligned}$$

The fractions must often be illustrated with other objects, that the child may not be falsely led to think that what he learns applies only to cubes.

As in the third gift, so in the fifth, the number three is noticed by the children. The three rows of three cubes each invite further investigations. We divide the cube into thirds (as in Fig. 2, Fig. 3, or Fig. 4), which is another step;

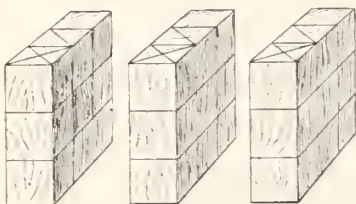


FIG. 2.

we find that each third may be divided into thirds, and that we have divided the whole cube into *ninths*.

Through "play" always, but carefully guided, the child learns to know and love fractions, without yet hearing the word. A table like this he is soon ready to illustrate, while the signs and figures it comprises are as Greek to his mind.

$$\begin{aligned}\frac{3}{3} &= \frac{2}{2} \\ \frac{9}{9} &= \frac{2}{2} \\ \frac{3}{9} &= \frac{1}{3} \\ \frac{6}{9} &= \frac{2}{3}\end{aligned}$$

He advances further into fractions as he knows the gift more thoroughly. He does not repeat such tables merely, but he knows them by doing them. A healthy child of six years, who has been well trained and developed from infancy, finds only pleasure in each step.

To use the advanced kindergarten gifts nor-

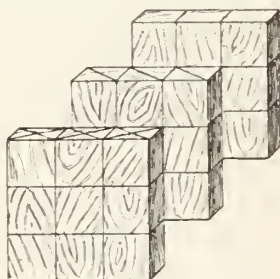


FIG. 3.

mally and as Froebel planned, one must be most careful to lead and not push or force the pupil. Never set a goal for each lesson to reach; but when positive that the last point is clear to the child's mind, watch your opportunity to advance. That much of the gift-work in American kindergartens is unnatural and severe is a sad fact; but if Froebel is followed no such method will be used. Froebel would abhor the idea that a child should be forced into the acquisition of a single truth. Guide your child in his play with any one of the gifts or occupations, but never faster than he takes pleasure in going. Play is the expression of his inner life, and shows, as truly as vane the wind, in what lies his need of your help. If you but guide well you will achieve great results, and will be giving to him a foundation for his men-

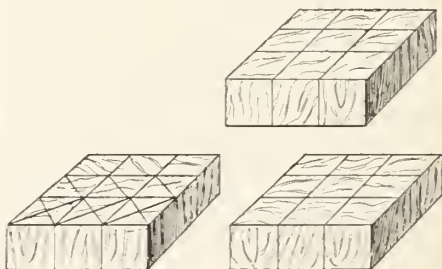


FIG. 4.

tal and spiritual growth which must be his greatest possession.

The fifth gift enables the child to build many more forms of knowledge than any gift yet studied, both as a whole and in combining two

or more of its parts. Two half-cubes placed together, touching by two slanting edges, make a new form for the child. "A slanting oblong" he may call it, but when it is very familiar to him he may know it by its true name—a rhomboid. Two quarter-cubes may form a smaller

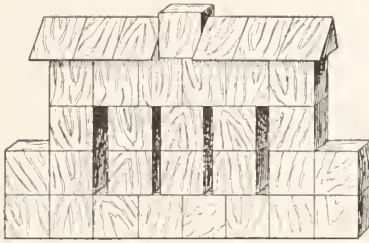


FIG. 5.

rhomboid. Four half-cubes may form a hollow square, and four quarter-cubes a smaller hollow square. Four half-cubes may form a square which contains the wood of two cubes, but is not itself a cube.

These are but a small part of the many combinations which may be found.

Previous exercises in regard to height, breadth, and area, hollow or solid, may be used with the fifth gift.

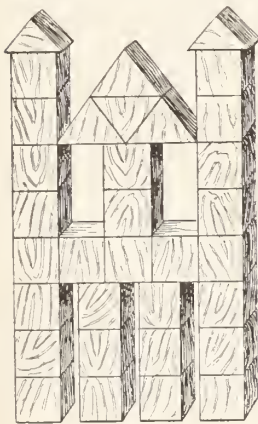


FIG. 6.

The slanting surfaces make the formation of trapezoids, pentagons, hexagons, etc., a simple matter. Do not give the name of a form until the child is very familiar with the form itself.

Madame Kraus-Boelte gives in her "Guide" a series of exercises with this gift which are very valuable. They are as follows:

1. Let the children find out how many *equal squares* they can form out of the parts of the whole cube.

2. How many different squares they can form of them.

3. How many triangles, etc.

In the forms of life—we find a great variety possible—we proceed as in all previous gifts. Be sure that your young architect understands

the placing of each separate piece, then slowly direct your form, such, for instance, as shown in Figs 5 and 6. Do not hasten; let him have full time to appreciate each new step, and to develop other functions of the mind and body than those used in building.

Talk, and lead the child to talk of every form; draw upon his interest by giving to your houses,

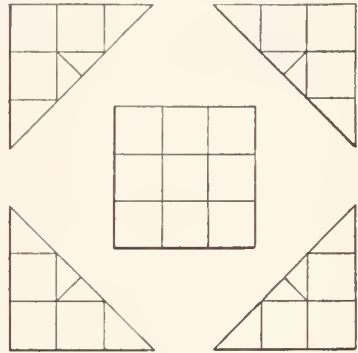


FIG. 7.

barns, or porches living inhabitants, and by weaving stories into the play where they have a work to do.

Fig. 7 is the starting point for one series of forms of beauty; it will easily be seen how Fig. 8 is brought from it, and what cubes are moved throughout this series.

Let each series proceed by orderly steps to a given point, then back to the beginning. Pa-

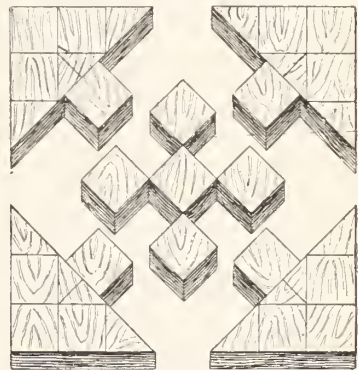


FIG. 8.

tience and perseverance, as well as great delicacy of touch, are cultivated by the plays with this gift, as the triangular pieces must be placed with great care; but the visible results and the good to the child, which is a result only partly visible, repay effort.

## HIGH-CHAIR THEOLOGY.



JOHNNY S—, of Tompkins Co., N. Y., nearly five, took a violent dislike to a sandy-haired young man who frequently called on his sister. Finally he one day relieved his mind by shrieking at the parlor door: "I hate red heads." For this he was taken to task by his mother, convinced of the error of his ways, and required to make an apology, which he accomplished thus: "Mr. W—, I don't hate you if your hair *is* red!" "Don't you?" responded the embarrassed gentleman. "No," pursued Johnny, "I suppose you an't to blame if your hair is red. I suppose when God made it he must 'a' scorched it."—*X., New York.*

—My sister recently crossed the Atlantic with her three children, aged respectively three, five-and-a-half, and eight, and the eldest two were soon, like their parent, afflicted with seasickness and sought the seclusion that the stateroom grants. Master Willie, aged eight, lay tossing and restless, and groaned out, "Oh! why do I suffer so, why do I suffer so?" Whereupon Nellie, the five-and-a-half year old, who had evidently remembered the words if not the meaning of what she had learned in Sunday-school, leaned over the edge of the bunk and said commiseratingly, "Willie, don't you know what the good book says? 'Suffer little children,' and we are the little children." I hope the explanation made Willie feel better.—*S. J., Florida.*

—Little Willie, four years and ten months old, has been greatly interested in the plans of a lady about to go to Japan as a missionary, and one day asked his mamma how her goods were going. He was told the route, the Red Sea being named as one of the waters over which they would pass. He jumped up in his chair with excitement, exclaiming, "When her goods are going through the Red Sea they won't know they are sailing right over the bodies of Pharaoh and all his host, will they?"—*J. C. C., Sparta, Wis.*

—My little four-year-old, who is very fond of running "bare-footy," and who bears heroically the pain of splinters rather than bear the penalty of boots and shoes, announced the other day that "the reason angels wear wings is so as not to get splinters in their feet."

He also inquired solicitously, "When does God sleep?" I replied: "I think never." "But He rested on the seventh day," was the triumphant rejoinder.—*K., Washington, D. C.*

—Little Rob lay looking out at the stars, till suddenly he said: "I know how God makes the stars; he hunts round and finds something, and then he takes a pair of scissors and goes so and so," making a movement with his fingers as if cutting paper with scissors.—*Mrs. T., Montclair, N. J.*

—Harry, a little man of three, lives with his parents in a small country town and in full view of the county burying-ground. A week ago he lost his baby-sister, of whom he was very fond, and for whom he pined and always asked, receiving the

answer that "Baby couldn't come back to him, as she had gone to heaven." He had watched the funeral from the nursery window, and was very fond for several days afterwards of looking over to the cemetery and pointing out the little new grave. One day, some one having heedlessly left the gate of the cemetery ajar, a cow strayed into the burying-plot. Harry happened to see the animal and startled every one by loudly shouting: "O mamma, there's a cow in heaven, there's a cow in heaven!"

Little Nellie is very fond of flowers, and often asks her mamma where they come from, whereupon her mamma tells her of the good Father who makes trees and flowers and everything useful and beautiful. One day in early spring Nellie's mamma had a man come to put the garden in order. Nellie was out for a walk, but just came home in time to see Tom Flynn, the gardener's assistant, planting some fine geraniums. She rushed upstairs to her mother, mysteriously sidled up to her, and solemnly whispered: "O mamma, do come and look out of the back window and see God putting some flowers into our back-yard!"

Charlie, a bright little fellow of four, was one day noticed by his mother bringing in three or four chicken-feathers on his return from his afternoon walk. He carried them carefully into the nursery, climbed upon the lounge, and neatly fastened them into the frame of a picture hanging against the wall. There was quite an assortment of feathers sticking there, evidently the result of many walks. On mamma's inquiring what he proposed doing with them he answered most earnestly: "You know, mamma, when I get to be an angel, I'll want lots of feathers for my wings, and so I bring home all I can find and save them."—*E. F. H., Brooklyn, N. Y.*

—Little Bessie was diligently studying her Sunday-school lesson when her mother's notice was attracted by her repeating many times, "A little piece of string-bean!" Greatly surprised, she asked her what she was saying. "It's the definition of God," replied the mite. Soon the mother found occasion to ask the teacher for an explanation; the sentence she was to learn had been "The Divinity, or the Supreme Being."—*B., New York City.*

—During a severe thunder-storm little Edith, a timid and nervous child, became frightened. Bertha, though younger than her sister, was less timid, and, feeling sorry for Edith, she stepped out on the porch, and, looking up in the sky, cried out earnestly: "Dod, I *wish* you'd stop funderin' so; it scares Edif."

In a certain family the old hymn,

"God moves in a mysterious way  
His wonders to perform,  
He plants his footsteps in the sea,  
And rides upon the storm," etc.,

was often sung. One day little B— came to her mother in some perplexity and asked: "Mamma, do God's footsteps grow?" "Why, child, what makes you ask that question?" replied mamma. In sober earnestness the little one answered: "Well, it says 'God plants his footsteps in the sea,' and I just wanted to know if they grew."—*C. A. I., Canton, Ill.*

# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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VOL. III.

NEW YORK, SEPTEMBER, 1887.

No. 34.

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AN observer of the effects, on the babies of the poor, of the recent protracted hot weather would have been impressed, in this city at least, even more with the carelessness or indifference of the mothers than with the sufferings of the little unfortunates themselves. It has been very common to see babies out for an airing in the parks and on ferry-boats with their heads fully exposed to the sun, whether in a carriage or in arms; babies trying to sleep, with flies or mosquitoes annoying them and their attendants looking in other directions; babies fed with tea or some other dark decoction from nursing-bottles and nipples which had not been cleansed this year; and babies only a few months old gnawing at pieces of cake or bread held with a tight grip by puny fingers from which it would seem as if the bones must soon protrude. Between the ludicrous and the distressing aspects of the many cases presented to the eye on any of these days during which the weather has been such a scourge, it would be hard to tell where execration for the criminal ignorance of adults must give place to sympathy for the innocent victims. For how could it profit the babies were the wealthy to bestow all their means for their relief, unless authority existed for rescuing the little ones permanently from the care of their mothers? Giving wholesome advice or substantial aid to parents of this sort is almost literally casting pearls before swine, and in any case it could have but an ephemeral value; yet the little ones are in no way to blame, and their suffering must go on until,

for the weaker ones, death comes as a relief. Of course not all the mothers among the lower classes are thus unworthy, but how those who are should be dealt with is certainly a most puzzling problem.

The question of feeding infants but three times a day has before this come up in the columns of BABYHOOD. It now reappears, and a little comment is in place. The question which a careful mother would ask is not, Can a baby get on with but three meals a day? but, Will it do best with but three meals a day? Now, as our readers know, BABYHOOD believes that there are more children injured by overfeeding than by underfeeding; or, to be more exact, that more acute or easily recognized disorders are due to overfeeding. The results of underfeeding appear gradually and more remotely. It is also true that peculiarities as regards need of food are found in infants as well as in adults. All the same, for reasons which we cannot give at length here, we believe that few children under one year will be best nourished upon three meals per day; and, moreover, as regards nursing mothers, we think that few breasts that really secrete enough for the entire nourishment of a child would be comfortable if so rarely emptied.

The idea of three meals for infants is evidently based upon the custom of adult-feeding in this country. There is no real reason why three should be the allotted number of meals for adults, except convenience and adaptation to occupations. In this country,



for the most part, and to a considerable extent in Great Britain, three is the standard number; but it is not so in many continental countries. In some of the latter, one, at least, of the meals is rather nominal, while the serious eating is done at noon; elsewhere several lesser meals are interjected between the full meals. Even in this country there is a very great variation in method—in one section breakfast is a good meal, midday dinner a full and heavy one, tea a hollow mockery. In some places or in some families the three meals are three ample meals of about equal bulk; while in still others breakfast is almost as slight as the French early meal, and the subsequent meals proportionately heavy. The whole matter of adult-feeding seems to be regulated rather by convention or convenience than by need, and most robust persons can accommodate themselves to any system in a short time. The adult, however, has only to make good his waste; the infant must do this and besides grow at an enormous rate if compared with adult powers of gaining weight. This fact, combined with the remarkably constant and rapid muscular exertions of an infant, makes relatively much more food necessary. Add to this the smallness of the quantity that can be contained by the stomach at one time in early infancy, and, without going into further reasons, it will be evident why the baby needs more frequent meals than an adult.

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"Six cents for Tommy's Wounds—No Balm in Court for Irritating-Small-Boys who Get Whipped"—is the newspaper heading of an episode in Brooklyn, the account of which begins as follows:

"Tommy, Billy, Mickey, Jakey, Charley, and Joe were witnesses in the City Court yesterday. None of them was much higher than a yardstick, and as they sat in the witness-chair they could knock their heels together—and mostly did—without damage to the carpet. In the chair they were as meek and tractable as though they had never known anything worse than a catechism; but, according to the defendant, they were a wild, reckless, and dangerous gang of ruthless ruffians who made his life wretched and the neighborhood a region of Cain."

It was a charge of assault brought by "Tommy, whose other name was Quinn," against a baker who pleaded that he had

taken the law in his own hands because of the total depravity of the gang, who for a long time had made his life a burden, calling him "a sawed off Dutchman" because he was short, pelting him with mud and spitballs, and smashing his plate-glass windows \$250 worth. He admitted "lathering" Tommy with a whip until a Samaritan lady passing by took pity on him and bound up his wounds. But the jury, who evidently believed there was no particular reason why the way of the transgressor should not be hard, concluded that Tommy had received only six cents' worth of damage more than he had earned, and ordered the baker to square the account by cash. The only trouble with this verdict is that the boy's parents were not made parties to it. It is to be hoped that the doctrine that "the real way to spank a baby is to begin with the father or mother from whom he inherited his cussedness"—as it was recently put by a Western paper—will spread until judges and juries will apply it vigorously wherever possible.

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The interesting article on "The Disadvantages of Lying on the Back" in this number will be valuable in drawing attention to a neglected point. We do not know that faulty posture in infancy is the cause of disease other than the occasional distortions of the body; but it does cause much discomfort, and, if disease already exists, the enforcing of an unwelcome attitude may increase the distress or aggravate the trouble. Very little babies are unable to turn themselves, or to any great degree to change the posture of the trunk. Judging from their ordinary inclination when they are able to suit themselves, and from the habits of all similarly constructed creatures, the position upon one side, or even a little more turned toward the front, is the easiest one, and skilful nurses usually put an infant down in that position. It is well, unless the child manifests a desire or inclination otherwise—*i.e.*, seems to rest more comfortably upon one side than the other—to turn it in a long sleep and in short naps to let it lie upon both sides alternately.

There are ailments in which frequent change of posture is decidedly beneficial ; as, for instance, in the bronchitis of young infants, whose power of expectoration is very slight, when the frequent movements facilitate the discharge of the bronchial secretion and prevent accumulations which might prove dangerous. When a child is a few months old it will move itself freely, and its inclinations should generally be respected. Many a robust infant lies mainly upon the front of its body, or as nearly to it as the comfortable disposition of the limbs will permit. There is often a struggle between the child who desires to occupy a certain position and the attendant who wishes to arrange the bedding in a certain way. As far as possible the clothing should be arranged in such a way as to protect the child without hindering its freedom of motion, even if the sleeping-bag of the northern camper has to be used.

The letter from a subscriber at Hakodate, Japan, which we print in this issue, reached us last month when our August number was on the press, or we would gladly have made room for it then. Oddly enough, it arrived at a time when we had collected from among the contributions sent us for the "High-Chair Philosophy" page a number which related especially to religious subjects, and had classified them together as "Theology," the very theme which our correspondent particularly objects to when treated in such a way. This interesting and earnest letter gives us opportunity to again caution our readers against supposing that such contributions are to be judged at all by the standards which would be applied to the conversation of adults. If we had the slightest reason to suppose that there was, in the intent of the speakers, anything really irreverent, we certainly should not admit their speeches to our columns ; but our belief is that they are perfectly innocent and natural, and that no study of child-life can be complete without considering the curious mental processes which lead up to the conclusions little children will arrive at in matters religious as well as

secular. Such a study may enable us to do much toward preventing the mind at its earliest development from wandering into all kinds of fantastic notions which leave an impress of nothing but confusion. We feel sure that parents are often led to greater caution in their explanations by the publication of the little speeches we are considering.

One thing that our correspondent perhaps loses sight of for the moment is, that while it is true that to many indiscriminating persons "the praise ordained out of the mouths of babes and sucklings is only jest," those persons are not readers of *BABYHOOD*, nor are they ever likely to be. If there is any one thing certain to the minds of the editors of this magazine, it is that its constituency is made up of lovers—students—of childhood to whom things may be, and continually are, said which would be foolishness and a stumbling-block to those who regard their children with indifference ; and if by a mishap there are among the number any who are not in accord with the motives and principles which actuate its contributors, they may safely be ignored by "An English Mother" and all the rest of its firm friends, for they will tire of opening the wrappers of their copies long before their subscriptions run out. It is only when the "High-Chair Theology" is copied by other journals, and read by those who do not enter into the spirit of its original collation, that it is likely to be misconstrued. But this is a necessary evil of journalism ; we continually see reprinted extracts, more or less garbled, of articles from periodicals and books of all kinds—extracts which show on their face that there is something behind them which the reader should have for a full understanding or appreciation ; yet no one will claim that the original publication should be withheld for fear of distorted reprinting. But we are not quarrelling with "An English Mother" ; we wish every reader would give us as fully his or her opinions of the conduct of *BABYHOOD*, for it is only the greatest usefulness to the greatest number that the magazine seeks.



## HOUSEHOLD REMEDIES AND "SURE CURES."

BY LEROY M. YALE, M.D.

VERY frequently correspondents ask BABYHOOD why it does not recommend this or that remedy which the writers believe to be infallible. BABYHOOD would like to give universal satisfaction, but it cannot recommend always, or indeed very often, the suggested "sure cures," because it either does not believe in them or because it believes something else is better. A few words on the subject in general will, therefore, be in order. There was a time when all medicine was of the household, and the growth of the art toward a scientific basis began when persons began to collate and sift the wisdom of households, and to strive to get at the principles underlying the facts.

### Three Classes of Domestic Medicines.

Household remedies may be divided into three kinds. First, those of standard value—remedies which are among the most reliable in the pharmacopœia, but which are also safe enough to be kept in the household, and of which the ordinary uses are well understood.

Secondly, those which are of inferior value, but which are useful when those of the first class are not at hand. When this country was first settled, the distance from European markets led to the investigation of the remedies, chiefly botanical, which could be found here, and to a certain degree the previous knowledge of the aborigines was of assistance in this search. For instance, a multitude of barks and bitter herbs were found which, to a certain extent, would serve as substitutes for the costly Peruvian bark. In this search, and more recently by

systematic investigation, native drugs have been found which have established their right to be considered standard remedies. Now, it happens that many of these remedies of secondary value, which in a sparsely settled country every good housewife had to collect for herself, have become traditional in families, and they are still continued in use when others which are really better are easily obtained.

We may, without fear of giving offence, instance a few from those suggested to us. One correspondent urges

"The use of a tea made of the leaves of the red raspberry (*Rubus strigosus*) as a remedy for all forms of diarrhœa and cholera infantum."

Setting aside the question whether this is useful for true cholera infantum, we may say that all the native species of *rubus*—a dozen, perhaps—are astringent and are valuable in those diarrhœas that need astringents. In the official pharmacopœia *rubus* has been included for a long time, but in sifting the merits of the different species the high and low blackberries (*R. Canadensis* and *R. villosus*) have been selected as best, and the bark of the root as the most efficient part. So when we pass over the merits of *Rubus strigosus* it is not because we do not recognize them, but because we believe those of the blackberry are greater. Besides, the syrup of *rubus* is quite as easily—usually more easily—obtained in good quality at the drug-shops than the leaves of the red raspberry. Another correspondent recommends

"For burns, an ointment of spearmint oil and lard or cosmoline."

There is no objection to this. The oils of

mint have a certain anæsthetic power. But, unless in point of odor, the mixture will have no advantage over the ointment of carbolic acid, obtainable as readily as is the spearmint oil. BABYHOOD thinks the proper plan is not to recommend everything it knows which may do good, but to select those things which are most certain to do good, least likely to do harm, and most readily obtainable.

It would not be fair to expect the lay practitioner to understand the principle that underlies the use of a drug; and as this is overlooked an inordinate attachment to some particular drug is the result. The physician, if he is not a routinist, uses the best if he has it—if he has not, the best he has; the uninstructed observer often assumes that the particular article used is the one instrument or the one drug which would do the work. An amusing story is told in this connection. The distinguished Dr. Twichell, of Keene, once had occasion, when a long distance from home, to apply a blister. Having no blistering material, he put a hammer into a tea-kettle, and, when the iron was hot enough, applied the smooth face to the part he desired to blister, with immediate effect. In that locality the “boiled hammer” became an established popular remedy, eventually two schools being differentiated, the “claw-hammerists” and the “shoemaker’s-hammerists.”

There are, thirdly, remedies which have little if any effect upon the ailment, at least any good effect, but which are of use only to pass the time and relieve the anxiety of the patient or his friends until the ailment is spontaneously relieved or until more efficient aid arrives. This class is very large, and need not be here enumerated. These remedies are constantly in use, and often urged upon the attention of the physician, who frequently is obliged in practice to tolerate them but cannot conscientiously recommend them.

#### A Specimen Popular Subject.

In this connection a few words concerning “sure cures” will not be inappropriate,

because “sure cures” belong solely to domestic practice. The profession, alas! has none. It is a proverb among medical men that “sure cures” abound in proportion to the inveteracy or incurability of the disease for which the cures are intended. For instance, they are exceedingly abundant for cancer, for cholera, and for consumption; for diseases that usually are easily amenable to treatment we hear less of them. Most “sure cures” belong to the third class we have described above, and are without effect; but some cures which are vaunted as infallible are useful under some circumstances, but their title to “sure cure” is invalidated by the fact that one person’s sure cure is set down as worthless by the next person. The truth is this: Conditions which are at first glance the same are really usually not quite the same and are dependent upon varying causes, and no one remedy will meet all cases. Each cure-all may be efficient against one variety of cases and fail in the others. We may illustrate from our correspondence, and we will choose the subject of *sore nipples*, partly because of the number of remedies that have been recommended to BABYHOOD, and partly because of the seriousness of the ailment itself, and further because the letters illustrate the point we desire to make of the varying remedies, all of which are urged with equal confidence.

#### Its Professional Treatment.

The cruel suffering attending sore nipples makes the ailment seem different from most fissures and ulcerations. In reality the differences are accidental, not essential. The sensitiveness of many injuries of mucous membranes near their junction with the skin is well known, and the necessity of frequent nursing makes any real rest of the part nearly impossible. Setting aside the aseptic precautions now in vogue, the rules for the cure of any sore are, in general, these: cleanliness, rest of the part, freedom from irritation of all sorts, and protection from the air. Really, if analyzed, all of these resolve themselves into one—freedom from irritation. In the case of sore



nipples cleanliness is above all things important, because the milk and the secretions from the infant's mouth are constantly liable to undergo fermentation and thus become irritants. The details of cleanliness must, therefore, be carefully and constantly attended to. Rest of the part cannot be entirely had because of the nursing, but rest in the interval may be. Freedom from irritation, beyond what is implied in the foregoing, means protection of breast and nipple from pressure and from friction of clothing. Protection from the flow of milk in the intervals of nursing is gained by the use, over the cracks, of some perfectly bland, oleaginous substance which shall prevent the milk finding its way into the crevices; and protection from the air is gained in the same way or by a close-fitting covering. Sometimes astringent applications to the cracks hasten the healing process, and, if strong, may make a tough protecting film over the surface of the sore.

#### Non-Professional Doctoring.

When these general principles are not in the main regarded, the attempt to heal the sore nipples will fail and more serious trouble or a forced weaning follow. One correspondent ("M. H. R.," Albany) says:

"I gave everything that was recommended a faithful trial, from herbs to mutton-tallow, and at one time counted twenty different remedies I had used, but to no effect."

She at length solved her problem by wearing constantly, when not nursing, a glass nipple-shield, keeping it in place at night by an underwaist. By this device protection against the pressure and friction of the dress was avoided, to a certain degree the air was excluded, and probably the glass caught the flowing milk, which was thus prevented from irritating the fissure. She does not state whether or not she gave particular attention to the toilet of the nipple.

Another correspondent ("C. S. D.") combines absolute cleanliness with a protective salve. She says:

"I do not think that the most careful attention to cleanliness will always cure sore nipples."

Yet she appreciates its value, for she adds:

"After the first and every nursing—and more often if necessary—sponge the nipples with warm water, apply the warmed salve freely with the finger, and cover tightly to save soiling the clothing."

Her particular salve is made of equal measures of "brandy, brown sugar, and butter, cooked slowly to a thick syrup," which is to be kept in a convenient vessel and warmed by immersion in hot water before each using. Of this salve we need only say the warm butter gives the oleaginous protective we spoke of; the brandy may be valuable owing to its astringency; the sugar, if it has value at all, is useful in giving consistency to the mixture.

"A Well-wisher" (Brooklyn) has achieved success in the same way but with a different application. She believes her plan to be infallible. It is,

"Absolute cleanliness first, bathing the nipples with warm water after each nursing without fail, . . . then carefully drying, and then applying with a camel's-hair brush Parker's Vegetable Oil. It comes in a small bottle and can be had from any drug-store."

Here the cleanliness and bland protective again appear. Another oil of repute, but not so easily obtained as that our correspondent recommends (unless, indeed, they actually are the same), is "corn oil," which purports to be the oil expressed from maize. "A Well-wisher" hits upon one very efficient cause of sore nipples—*i. e.*, neglect by the nurse, who gives her first thought to the baby, until the mischief has begun. Absolute cleanliness from the first is a very efficient preventive.

Still another correspondent ("L. P. M.," Buffalo) recommends a remedy which has been successful in the only case in which she knew of its trial—namely,

"A nutmeg so hollowed out that it could be worn as a cap over the nipple in the intervals of nursing."

Here we have repeated in a crude way the device of the nipple shield. Its use is a protective, with possibly some advantage from the stimulation and slight astringency of the nutmeg.

These remedies have been given to exem-

ply the point made, that if the principles involved are understood, the particular means employed is of minor importance. In the particular ailment we have considered, the principles for domestic practice, both for prevention and cure, must be absolute cleanliness, protection from friction and pressure, and protection of cracks and folds by some bland substance, preferably oleaginous.

It is hoped that the foregoing remarks will be construed only as they are intend-

ed—as an explanation of the necessity of BABYHOOD'S exercising its best judgment in the publishing of the many excellent suggestions sent to it, and not by any means as a retraction of its standing invitation to readers to contribute to its columns. More discrimination must necessarily be used by the editors in contributions relating to medicines than in any other class of topics. Very likely we shall have occasion to revert to the subject before long.



## THE DISADVANTAGES OF LYING ON THE BACK.

BY S. J. DONALDSON, M.D., NEW YORK CITY.

**B**ODILY posture holds such vital relation to the well-being of young children that the intelligent appreciation of its effects is very important to those having the care of young children. Unfortunately the current opinion of mothers in all civilized countries is diametrically opposed to that which a study of physical conditions reveals. Beyond doubt this fault is attributable to a very common oversight on the part of physicians, since it is a fact that many of them habitually commend lying on the back to those who through accident or disease are compelled for a time to occupy a reclining position. It is but natural, then, that the position on the back should be generally considered the one most conducive to physical good in health as in disease.

Every mother who has studied the habits of her little ones knows that from earliest voluntary effort there is manifested a determined disposition to lie face downward, and

an unmistakable protest is made against the superior strength which compels them to lie on the back. From personal observation I know that there are many mothers, who have long and resolutely opposed this predilection of babies, who will endorse the truth of this assertion.

In the study of human anatomy nothing is more clearly apparent than the fact that nature designed us to occupy the prone or semi-prone position while reclining; indeed, this is so arbitrarily set forth that a mere glance at the principles of physiology shows plainly that lying upon the back places all the structures of the body in an inverted and abnormal condition, unquestionably entailing more or less serious consequences in proportion to the time the position is retained.

### A Glance at the Human Anatomy.

That we may come immediately to the philosophy of the question, let us consider

some of the essential anatomical features of the human body, and the relation of vital structures to each other and to the centre of gravity. Note first the external conditions, and compare the structural features of the front surface of the body with those existing on the back. The front wall of the chest is elastic, free from rigid or bony prominences, and has a deep layer of fat beneath the skin, that overspreads and serves as an admirable cushion upon which the body may rest; and as fat possesses only low conductile powers, protection is thereby afforded to the vital organs against cold and damp. Passing through the front wall of the chest and entering its cavity, we further find that none of the vital organs are attached to the anterior wall; moreover, an apron of fat (omentum) interposes between the internal organs and the abdominal wall.

Turning now to the study of the posterior chest wall, we remark first its rigid properties, uneven surface, comparative deficiency in fat, with its bony prominences upon which the weight of the body must painfully impinge, especially when reclining upon a hard surface. Extending along the middle line, enclosed in a bony column, is the spinal cord, from which many nerve branches are sent to supply the vital structures. Entering the cavity, we find that along the inner surface of the posterior chest-wall attachment is given to all the internal organs, and such is their relationship, anatomy, function, and contour that nothing is more clearly demonstrable than the fact that nature designed these vital structures to be hung from the bony ridge to which they are connected.

With the body lying supinely these organs fall in a more or less confused, crumpled, and inverted state upon the structures from which they should be suspended.

We may liken the relation of the internal organs to the inner surface of the spinal column (when normally positioned) to fruit hanging by its stems to the bough. The heart, lungs, liver, intestines, and, in fine, all the important inner organs with the exception of the kidneys, are in this manner ar-

ranged and swung on their attachments. The kidneys are laid close against the inner surface of the chest wall and on either side of the loins, and are held in place principally by an accession of fat in which they are embedded. It will be perceived that the direct connection of these important organs to the structures of the back affords an additional protest against lying on the back.

We also find extending along the inner surface of the spinal column the large blood-vessels through which the blood traverses to and from the heart, together with a canal, called the thoracic duct, which conveys the nutritious product of the food to the point near the heart where it opens into a large vein near the collar-bone, called the subclavian vein.

Now, it is plain that with the body in the position on the back the mobile structures along the spinal column must fall upon, compress, and, to a degree, impede the transit of fluid through these vessels, resulting in more or less stagnation and malnutrition throughout all the textures.

#### **A Lesson from the Animal World.**

The study of comparative anatomy and the habits of animals affords many significant and conclusive thoughts relevant to this matter. The quadruped always occupies the semi-prone position while resting, and it is a well-known fact that when any one of the domestic animals is forced to lie upon the back it soon evinces signs of severe distress, and unless relief is soon afforded its life is endangered. And yet comparative anatomy would justify the opinion that lying upon the back is hardly more inimical to the well-being of the quadruped than to the human being, for when the component parts of the human body and those of quadrupeds are compared they are found to be closely analogous in design and relation. Every muscle, vein, artery, nerve, and bone, as well as each vital structure comprised in a human body, finds its analogue in one of the order of lower mammals; and this similarity is especially pronounced in the distribution, relationship, and mode of attachment of the internal struc-

tures. Of course we must not ignore the fact that as there is a wider diversity of physical accomplishments required of the human organization, so nature has gifted it with greater possibilities of bodily posturing; nevertheless the superior capacity of the human body for posturing is quite restricted as to duration, and whenever the unnatural position is unduly prolonged the system suffers.

#### **A Cause of Snoring.**

A very familiar illustration of this is afforded by a sound sleeper lying supinely. The breathing becomes heavy and snoring, the muscles twitch (two signs of cerebro-spinal congestion), the jaw drops, the mouth becomes parched, and finally, to rouse the sleeper from his misery and danger, nature awakens him by filling the brain with the terror of a nightmare. After awaking there is a sensation of exhaustion and general wretchedness which demands a change of position, and if the sleeper has passed the period of youth there will be soreness and restriction of motion when turning or moving. A practical test of this question can be made by placing in the semi-prone position a sleeper who snores, jerks, groans, and cries out, when it will be found that all these unpleasant symptoms vanish.

#### **Application of the Foregoing to the Diseases of Infancy.**

Let us note briefly in what manner this principle can be advantageously employed in the treatment of infantile disorders. In the first place, the following significant facts should be kept well in mind:

I. Liquid (blood) within the body, as with-out, gravitates to the lowest point; illustrate by hanging the hand or head below the heart's level, and note the sensation of fullness and discomfort, together with the injected appearance of the veins and tissues, which conditions disappear immediately upon elevating.

II. Free and unrestricted circulation of blood through the textures is indispensable to comfort and health.

III. Morbid processes within diseased structures are greatly modified by the condi-

tions determining the amount of blood to the affected parts—that is, the pain is usually in direct ratio to the over-supply.

IV. Not only does habitual over-supply of blood aggravate existing disease, but, when sufficiently prolonged, will of itself engender a morbid condition and breaking-down of the textures, as witnessed in the enlargement of veins and varicose ulcers on the legs of persons obliged to stand much of the time. A proper appreciation of these facts will assist mothers to obtain a more logical understanding of the way in which a faulty position of the body may interfere with normal circulation, pervert functional processes, impair normal assimilation, and prevent free elimination of morbid product from the body; therefore, persistent faulty posturing will inevitably derange the vital processes in a body otherwise healthy, and so pave the way to actual disease. It is, however, in connection with abnormal conditions that the influences of posture exert their most baleful and marked effects.

#### **Spinal Diseases.**

Children are peculiarly liable to those ailments in which the spinal nerves or base of the brain are more or less involved. In view of that which has gone before it is unnecessary to dwell further upon the propriety of placing the body of little ones suffering from cerebro-spinal disturbances in that position best calculated to avert undue determination of blood to the base of brain and spinal cord—that is, to keep them in as elevated a position relatively as is practicable, upon the same principle as we would raise an inflamed foot or hand above the rest of the body to relieve congestion. Of course it will be seen that, so long as the prone position is occupied, all that is possible in this direction has been compassed.

#### **The Danger of Strapping Children Down.**

In view of all that has been said it may seem superfluous to allude to the reprehensible practice, everywhere in vogue, of strapping young children down on their backs in perambulators. Calling attention to this



ought to be sufficient, and common sense should suggest the remedy.

#### Some Hints to Women.

Finally, we cannot refrain from suggesting to mothers the importance of making personal application of the vital principles we have just been considering. A volume might profitably be written showing to what an extent the physical happiness of women is swayed through the influences of posture.

If the habit of lying upon the back works perniciously upon the infant economy, it is fraught with still greater evils to the woman, and upon her it is highly incumbent to study the physiology of her own being. Depend upon it, an intelligent woman lying in a hammock or reclining chair would be a rare sight did an appreciation of anatomical facts and physiological laws obtain to that extent which should be made obligatory in every public institution of learning.



### A CHAT WITH THE INDIGENT.

BY E. P. B.

I RECEIVED the impression from reading the first volume of *BABYHOOD* that it was largely written with reference to the well-to-do class of society; but as it is an accepted fact that men of intellect and talent are often lacking in the faculty of making and keeping money, it follows that many refined and intelligent persons will always be poor, and therefore many poor young mothers must take and read *BABYHOOD*. To them I wish to speak a few earnest words right out of my own heart and experience.

Whether you take Emerson as an infallible guide or not, he has at least uttered one sentence which you cannot afford to forget for a day: "They only are poor who *feel* poor, and poverty consists in feeling poor." If you have not the nature or the will to believe this heartily yourself, at least see to it that you do not let your children feel poor. Remember, in the first place, that they are not poor. I often think of the answer given by a little school-girl to a friend who had remarked sneeringly:

"Mary Jones would be in the poor-house if it wasn't for her relations."

"Where would any of us be if it was not for our relations?"

We bring nothing into the world, and yet the world is all before us to conquer. A child's riches are wholly of heart and mind. See to it that you do not deprive him of tittle of his inheritance. Now, feeling poor is nothing but feeling the lack of something which we cannot have. And in order to keep our children from feeling poor we must, in the first place, lead them to long only for things which they can have. This is a much easier matter than may appear at first sight. A healthy, natural child wants very few things which he cannot have. He wants good food and plenty of it, but very plain and simple kinds will do unless his tastes have been perverted. He can easily be led to relish bread and mush and milk for an almost constant diet, if each article is good of its kind, and will appreciate an orange, piece of sponge-cake, or a dainty custard a thousand-fold more when given as an occasional luxury than when taken as a matter of every-day necessity. If you can stop the orange, banana, pineapple, or ice-cream man for his benefit once in a while,

he will have a sense of absolute luxury ; whereas if you keep the cooky and dough-nut jars constantly full, but let these tempting fruits go by day after day through the long summer, with the fretful sigh, " Papa is too poor to buy such things, Johnnie," your child will soon catch a dissatisfied, longing, envious spirit, and may begin, when in his third or fourth year, to murmur at his hard lot.

He needs clothes, but as long as they keep him warm in winter and reasonably cool in summer, and do not impede his movements or spoil his play, he cares little for their fabric and nothing whatever for fashion. The great trial of my fifth and sixth years was a blue plaid silk pelisse which rustled annoyingly in church. It was made from a dress of my mother's, for economy's sake, but it was really very beautiful, and my little girl wears to church this summer a dress made from that very garment. But oh ! how much prettier in my eyes were the little French calicoes in which I romped about the yard all the week through. I am glad mother never said, as she might have done : " This is an elegant silk, Edie, and no other little girl in the village has half so nice a cloak." And I am glad, too, that she laid it away when the sleeves were worn and outgrown, and did not make it over for every-day, calling to me continually, " Get up off the grass or you'll ruin that dress !" or " What do you mean by skipping rope with that beautiful silk ? You know I can never afford to buy you another like it."

There are few sadder sights in the world than a little child conscious of or hampered by his clothing. Never keep a child away from church, Sunday-school, kindergarten, picnic, or any place which he would otherwise attend, merely on account of the state of his wardrobe. Nothing will more surely inculcate a shallow, contemptible, false pride and feeling of poverty. If the best stockings have darns in the knees, and the best shoes have been used for every day until the toes are beginning to crack open, and the spring suit is not ready, brush up the

clothes, polish the shoes, and put on everything as a matter of course, keeping the sighs, if they must come, for the privacy of your own chamber, and start for church joyfully. If, through the remarks of companions or an innate fastidiousness, the little one notices the defects, say earnestly and cheerfully : " Never mind, darling ; they are the best you have to-day. We don't go to church to show our clothes to our heavenly Father, do we ? but our bright, happy hearts and faces."

I believe there is room for a great deal of true economy in this matter of best clothes. My little ones always have theirs removed as soon as they come from Sunday-school, for with these very little ones—ages three, five, and seven—Sunday afternoon has plays of its own, not like the weekday ones, but equally disconnected with raiment. In this way the best dresses are never seriously defaced until outgrown, and do not need to be of expensive material. Paul's new suit cost less than two dollars, lining, buttons, and all, for I made it of pretty, lightweight, all-wool cloth from a dress-goods counter, and lined it with extrasilesia stitched into the seams besides the regular neat finished lining. I wonder that more mothers do not make their little boys' suits ; with good and careful pressing they can be made to look just as stylish as the ready-made, to say nothing of the nice button-holes and comfort of extra trousers, buttons, and pieces for patching. This suit will last until outgrown, probably two years ; and even if he wears it out in a month at school after that, I can feel that I have had my money's worth, and the sum I saved on it will enable me to make his next school-suit of strong, genuine Scotch tweed which will stand a long siege of wash and wear.

My other little ones have thus far been attired for dress occasions, and often for all occasions, in garments made from the cast-off wardrobe of aunts and grandmothers. But one thing I will have, and advise you to have likewise, and that is a goodly lot of gingham dresses for summer and aprons for winter, made in an afternoon and ironed in

five minutes. It is just as easy to make them stylish as dowdy nowadays, when ruffles have "gone out"; and a set of rick-rack or crocheted collars, which your sister or aunt will make for you if you have not the time, will keep them looking neat and cunning all day long every day for two years, if you iron the collars yourself. It only takes a minute for each one. I believe the many compliments I have had on the general neat appearance of my little ones have been caused more by the pretty white collars which they have scarcely been without a day since their first year than by anything else; for their shoes are often woful, and their stockings—O dear! one mass of darns. I have a presentiment that collars are "going out"; they have already become perfect capes, and I have anticipated a reaction and put ruffles instead in some of Agnes' dresses. But some finish in the neck there shall be. Self-respect demands it. My children shall be taught to be as neat and clean as is consistent with their employment, all the time, for the sake of father and mother and home, not merely in the afternoon because "some callers may come." Far better the little blue and white gingham all day long than a faded, ill-fitting calico in the morning for the sake of a dainty muslin at three.

Never, if it is possible to avoid it, let children be kept in the house till the dew is dry, for the lack of rubbers, or from school or a snow frolic for lack of rubber boots. That makes a child feel very poor indeed. He would much rather have these than a pair of French kid boots for best. I groan for the ill-taught little one who would prefer the latter.

I once had a little schoolmate who often envied me my big, brown shade-hat. "I wish my papa was rich like yours," she sighed. "I always have to wear my old best ones." And *such* old best ones! I recall them with tears in my eyes—faded pink ribbon, dirty white lace, and crushed flowers, and the whole thing set completely off the childish forehead, which was protected only by that abomination of all

healthy childhood—a veil. How much better, I thought—though I had too much delicacy to say it—if your mother had bought a brown sailor hat, since she cannot afford two, with a beautiful ribbon on it for Sundays and a brown for every day! I would rather wear this shade-hat to church than such a thing as that every day.

Children need toys, but they do not need expensive ones. The care and economy which you exercise in household affairs will keep a cheap doll in repair for a long time. A set of hardwood blocks gives more joy than would fifty times the money they cost laid out in fragile toys. Mine are made to order, one hundred and eight of four different shapes and sizes. All kinds of furniture can be made of them. My little girl's cook-stove is rebuilt of blocks every day, stove-pipe and all. Then the boys find never-ending amusement in the railroads, bridges, and steamboats which they construct. Every new idea can be embodied with them. A few story-books read over and over again, and, better than all, your own childish experiences recounted, will give more amusement than dollars' worth of gay, slightly-bound, and often objectionable picture-books. A box of pretty advertising-cards—leave out the coarse and low ones—will employ many an hour. But I find that the thing my children like best of all is helping me. Five-year-old Agnes has a little tub and a strong washboard one foot long, with which she washes, as clean as I could, nearly all the table bibs and napkins, one or two dozen per week. She can make dainty little dolly pies whenever I make big ones, which is seldom. She can set the table, or at least half of it, and Paul can do the whole. They both take care of Baby and wipe dishes, pick up scraps and brush up crumbs, dust chairs and take care of their own playthings. Herbert can also do a great many things, and baby Frances is continually adding her mite, which her eighteen months' experience renders laughably troublesome at times.

Oh! we poor mothers who do our own work do have our advantages, after all. I did not have all this last year when I had to

keep help. Conscious poverty is the feeling of a lack; let there be no lack in the home. If it is not beautiful, try to make it so in a way that the little ones will appreciate. If there is no parlor, do not bemoan the fact before the children; they care little for plush and white marble. Help them to have an interest in keeping the sitting-room neat and pretty. A very few plants give children more real pleasure than a quantity. Let each one have its own and watch its growth. There is always something interesting about a plant, even when out of bloom. The day of despising wild-flowers has passed, so I need not enlarge upon this topic as I might have done years ago; few mothers of to-day, I trust, will fail to thank the little one for his bouquet of dandelions, clover, or even bitterwood leaves, and to put it into a vase cheerfully. All nature is beautiful to a little child, unless he becomes hardened by the lack of interest which those around him have in it. Herbert watched for an hour the other day a "dear little sow-bug which heavenly Father made," and Paul picks a bouquet of common grass on his way home from school, if there are no flowers by the roadside, and truly thinks it beautiful.

We live in rather a sorry little house compared with those occupied by most of our friends, and the yard is sadly in need of ploughing, grading, and sowing, which we cannot, and our landlord will not, afford. We would live in a much poorer house rather than have no yard. The children are happy here, and would be all day through; and I can find plenty to do in the house all day, too, as can easily be imagined. But now I wish to bring out another point in my theory. I not only want to keep my children from feeling poor; I want them to feel rich. There is infinite wealth just outside my door, to be had by all who will take it; and we take it, my children and I. A walk of a stone's throw past a house much shabbier than ours, and past some coal-sheds, brings us to a long drawbridge where we can look up Boston Harbor to Nantasket on the one side, and upon a beautiful riverscene on the other. My little ones must

remember this all their lives long, for we may not live here always. I often pack my dinner-dishes into a pan, rinsing off the dirtiest, fill them with clear, cold water, and let people call me shiftless if they like; and I spend half the strength it would take to wash and wipe them on a hot day after a hard morning's work, in washing my four babies—three if Paul is at school—and putting on clean gingham, if needed. Then I take my sewing and a little basket for flowers, and walk slowly over this beautiful bridge. If the tide is high we look far over the water and drink in the wonderful scene. We talk about it—for children need to be led to see these things—and we watch the steamers, yachts, and schooners. If one wants to come through the draw, what fun, especially to Paul and Herbert, to watch the puffing tug-boats and to see the great, old-fashioned draw rise and fall! If the tide is low we watch the crabs, sculpins, and flounders on the bottom, or the jellyfish and starfish. The bridge is crossed at last, and we reach a beautiful picnic-ground, with cubby-houses, towers and swings, and a nice pebbly beach. It is a perfect fairy-land, and yet we scarcely ever see any one here. The people with parlors sit in them, and the people with lawns sit there, with the children in the yard all day or in the street. We who have neither take this. The sewing goes rapidly in fairy-land, for a fresh breeze comes over the water, and the little ones never tease or fret here; how can they? And the petty wrongs and cares of the morning seem oh! so very tiny in this vastness that they vanish quite away, and I can only think over and over again, as I look at one after another of the beautiful pictures, each with the figure of a rosy, happy, healthy child somewhere in the foreground: Oh! I am so rich, so rich!

Sometimes instead of this the children's papa gives us all a boat-ride in his little skiff, for all these things are as dear to him as to us; and sometimes we play on the beach with little pails and shovels. Say, my good housekeeper, would it be wiser to leave this all out of our lives, to do up the



dishes properly at the cost of a fatigue which would keep me at home all the afternoon, than to do them with a light heart and a kettle of hot water at seven o'clock when the little, restless heads are quietly dreaming?

Teach your little ones to enjoy beauty everywhere, and to be above wanting to own everything which they see. Avoid that most contemptible of all poor people's vices, the carping depreciation of riches and the wealthy. In ninety-nine cases out of a hundred this is founded on jealousy. When you pass a beautiful house, notice its beauty as heartily and naturally as you do anything else. Admire the flowers, the trees, the pretty balconies and hammocks. Don't suggest any comparison between it and your own house and grounds. If the chil-

dren notice it and say that the little girl who lives there must have a good time, say: "Yes, indeed she must—just as good a time as we do on the beach." All people have not beaches, but I claim that all people can have *something*. There is enough joy and beauty in this world for every one of God's children to have a share, and He means that they should have it. If Paul says, "I should like to have a home like that," I say, "Yes, dear; I am almost sure you may have when you are a man, if you're a good, hard-working man, unless there is something else which you would rather have by that time."

This leads to a whole chapter on imagination which I will spare you, only stating that it is a rare faculty and will make any child happy if it is kept free from the elements of envy and time-wasting.



## A FEW POPULAR FALLACIES.

BY C. L. DODGE, M.D., KINGSTON, N. Y.

**I**T is a popular fallacy, and a dangerous one, to believe that it is well for children to have all the so-called "diseases of childhood" (scarlet fever, measles, whooping-cough, and some others) when they are young, so as not to run the risk of having them when they are grown, as they are supposed to be so much more severe when contracted by adults; and many worthy people purposely expose their children to most of these diseases (scarlet fever alone excepted) in order that "they may have them at home when they are small, and be over it."

### Senseless Exposure to Contagious Diseases.

Now, it is never wise to rush into danger, and all disease is dangerous; the mildest at-

tack of measles or whooping-cough *may* terminate fatally, and when once contracted the wisest physician can never positively foretell the result. It is well known that hundreds of children grow up without ever having a single one of these affections, and as the chance of taking any one of them after puberty is almost *nil*, how foolish, nay how presumptuous, it is to take a needless risk! Never expose a child to *any* infectious or contagious disease, but, on the contrary, take every precaution to prevent exposure. No child is any the better for having "gone through" measles, scarlet fever, or any other disease, and many of those who do recover are very much the worse: there is nothing to gain and a great deal to lose.

#### The Influence of Fear.

It is a great mistake to suppose that contagious diseases attack those who dread or fear them, and spare those who do not. If such were the fact, babes and young children, who know nothing about such things, ought never to contract infectious diseases. It is merely one of the superstitions of a former age, and should be discountenanced.

#### Scarlet Fever, Scarlatina, and Scarlet Rash.

An erroneous opinion prevails very generally that scarlatina and scarlet rash are not the same thing as scarlet fever; the general idea being that scarlatina is a mild or modified form of scarlet fever, not at all dangerous and requiring very little attention; and scarlet rash is in most instances confounded with "rose rash," an entirely different affection, which is very innocent and *not contagious*. Now, the fact is that the meaning of these three terms, scarlet fever, scarlatina, and scarlet rash, is identical, scarlatina being the Latinized and technical name for the disease, scarlet fever, just as rubeola is for measles or variola for small-pox; and here lies the danger of supposing otherwise. A mild attack of scarlet fever, *under the name* of scarlatina, is just as contagious and capable of spreading the infection as though it were called scarlet fever, and parents, supposing it to be an innocent and harmless disorder, would not take the pains to isolate the patient from all other children, which they undoubtedly would do if they were better informed.

#### "Rubbing a Tooth Through."

It is a fallacy to suppose that a child's gums need to be "lanced" on "general principles"—that is, as a routine practice; and that the truly barbarous practice of "rubbing a tooth through" with a thimble should ever be resorted to is a mystery. I saw only a short time since a poor little child, scarcely over a year old, whose mother, in the goodness of her heart and her own blessed ignorance, had attempted to "rub through" a central incisor (front tooth) with an old-fashioned brass thimble, and the

result can be easily imagined. When I first saw the child, its gums were all raw and ragged from the effects of the rasping of the thimble, its little mouth and lips swollen and bleeding, and so tender and sensitive that it would no longer nurse, and had to be fed from a spoon; while the pain and excitement were so great that it was necessary to administer an anodyne to procure sleep. Never *rub* a baby's tooth through; they sometimes, but rarely, need to be scarified, and, if so, need the services of a physician.

#### The "Tooth Rash."

It is equally fallacious to suppose that every form of skin disease that appears on a child within the first two years is to be termed a "tooth rash." Very rarely is it that the teeth have any relation whatever to the disorder in question; but it is frequently neglected, in consequence of the belief that to cure it would be dangerous; and so perhaps a chronic skin disease becomes established very difficult to cure in after-years.

#### Crossness as a Symptom of Improvement.

It is often said that crossness in a child signifies that it is getting better of any given ailment; this also is to be classed with the superstitions and traditions of the grannies. It is not reasonable to suppose that if a child feels better it will manifest it by crying and fretting; of course, if it have been so sick as to be partially stupid, it might show some evidence of its condition when it should rally enough to be able to do so. If a child feels well it does not cry, but is easily amused.

#### The Causes of Bow-Legs.

Some people have a great dread lest a child should attempt to walk too soon, for fear of making it "bow-legged." Now, this fear is groundless; the child begins to walk when it feels it has sufficient strength in its legs to support its body, and nature's promptings in these matters are far safer to follow than any theoretical reasonings we may formulate. Nature makes no mistakes; art often errs. This, however, is a different matter from striving to force a child to walk before it seems inclined to try.

**The Hardening Process.**

And, lastly, one of the very worst heresies is the so-called plan of "hardening" children, especially those naturally feeble and delicate. This consists in attempting systematically to accustom the child to needless exposures of heat and cold, night-air and travel, with the idea that if practised from the time the child is able to go out, and persisted in, it will after a time adapt itself to these sudden changes and exposures, and thus avoid the often serious consequences

which other children experience as the result of accidental exposure. This absurd doctrine is believed in by many, and the attempt to successfully put it in practice results in the sacrifice of many a child. Now, we all know that some children will live through almost everything, and others are made sick on the slightest exposure. These delicate ones require the tenderest care and watchfulness, and if they live to grow up, it is only because of the prudence and foresight of those who rear them.

**EARLY REGULARITY IN DIET AND SLEEP.**

BY WALTER L. CARR, M.D.,

*Attending Physician at the Babies' Shelter, Church of the Holy Communion, New York City.*

THE formation of habits is begun so early in life that many things which we do as matters of daily routine are "second nature," acquired from the occult influences of childhood days. The training of our infancy is shown in our actions and dispositions.

In the care required for a baby's comfort and growth nothing is so essential as the intelligent direction of food and sleep. The development of a child is in proportion to the nourishment it receives and the rest it has after the ingestion of its food. Consider how rapidly the weak, limp body of the newborn infant becomes firm and strong; how soon the brain shows its growth, as each day the baby gains in knowledge of the objects around it; then reflect how careful must be

the attention to the details of its management. The relative gain in mind and body of a child a few months old is much greater than it will be at any time in future life. The adaptations to the surroundings and customs of those who have the infant in charge are so indelibly stamped on its active brain that, in manhood or womanhood, the disagreeable habits which we see every day are often nothing but the expression of mismanagement in the nursery.

**The Intelligent Arrangement of Nursing Hours.**

The rapid growth of the mind and body requires for the system food that will nourish, given at such intervals as to allow of time

for sleep, the great restorer. If the baby has the attention of its own mother and is fed from her breast, it is important to child and mother that the hours for nursing and sleeping should be intelligently arranged. It is important first, as I have explained, because the baby is growing, and needs to be regulated in the habits so conducive to its development and well-being in the present and future. Second, because it is the duty of every mother to give her offspring her personal care. The formation of character and the inculcation of principles governing the passions can be begun at birth, and the maternal instinct should never be so weak as to delegate these duties to a servant. If the mother has stated intervals for nursing and resting she is better fitted for the fulfilment of the sacred trust nature has imposed on her.

When the baby is born it cries, not, as many people think, because it is hungry, but because the crying is necessary to adapt the lungs to the different surroundings of the out-door world. The cry starts respiration and causes air to enter the lungs. Here is the first lesson—as this cry does not mean hunger, do not allow mistaken friends to fill the little stomach with food. Sugar and water, honey, milk and sugar are not needed, and only lead to troubles of digestion. At the most a spoonful of clear water with a little mint may be given. Sometimes this is helpful in clearing mucus from the throat.

#### **Feeding During the First Few Days.**

After the baby has been washed and dressed, and the mother has been made comfortable, the baby can be put to the breast. Although there will not be any milk, but only a watery substance, provided as a medicine for the baby's bowels, the application of the baby to the breast will be a help to draw out the nipples and prepare the way for the milk that will fill the breasts in a few days. The suckling aids the mother's convalescence, as it causes the womb to contract, thus preventing disease. When the baby has drawn what it can from the breasts it is

to be placed in an easy position on its right side, so that it can sleep just as long as it will. It must not be awakened. Mother and child can rest together. If the baby awakens crying, it can be put to the breast even if there be nothing there, or it can be carried around the room until it is quiet, rather than to feed it with some indigestible compound. To the moment of birth the baby was nourished by the mother's blood, and therefore does not need food the minute it opens its mouth.

For the first few days the baby will lose in weight no matter what it is fed, and mothers should understand this so as to prevent nurses from imposing on them by telling them that the baby is growing thin and must be fed. If the baby be well it will sleep most of the first day or two. Begin early the regular nursing that is to make both child and mother comfortable. For the first week the baby can be nursed, if awake, once in an hour and a half or two hours. At night arrange to have the last nursing about nine o'clock, and, except in rare instances, the baby will not require the breast again until morning. If the child cries, a little water is often sufficient, for a cry is not always a sign of hunger, but oftener of repletion and indigestion. Once habituated, the baby will sleep for six or eight hours. The mother rests also, and is in better condition, physically and mentally, to perform her maternal duties.

#### **The First and Second Months.**

For the remainder of the first and second months the child can be nursed, *if awake*, once in two hours, but during the night do not in any way interfere with its repose. With many children it is astonishing how soon they learn the hours for sleep and do not make an attempt to get the breast.

#### **The Danger of Over-Feeding.**

After nursing, a baby will sometimes "raise the milk" without vomiting it. This is in many cases a positive evidence of distended stomach, and yet a mother will persist in overloading the little stomach because "the



baby is hungry and keeps its finger in its mouth." In the management of babies there is no greater fallacy than this. If a baby is to be fed every time it puts its finger in its mouth it will be nursed all the time, and the more it is nursed the more it will cry and suck its finger. The stomach will become overloaded and distended, indigestion will result, and the little body will soon suffer. In the majority of cases thoughtful, regular attention to nursing, at such times as the special requirements of the baby seem to need, will insure much better health and disposition in the child than persistent stuffing every time it cries or sucks its thumb. Then, too, the pernicious effects of the irregular nursing are quickly shown by the mother, as she is deprived of her rest and worried by the cries of the baby. The worry and anxiety act injuriously on the milk, and, if the careless nursing be still continued, there is the double danger from disordered stomach and poor milk.

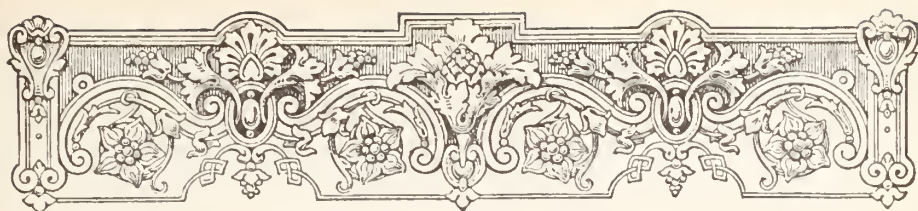
After the second month the interval between the nursing hours may be gradually lengthened, but this should be done under the guidance of the family physician, who should always be consulted, as he will understand the constitution and needs of the mother and baby. If the baby be plump and the flesh firm, the skin soft and velvety, the hours of sleep uninterrupted by cramps or screams of pain, the appetite good but satisfied at stated intervals by taking the breast, and the movements of the bowels regular, the mother will know that her offspring is thriving. As she looks at its bright, smiling face she will understand what intelligent care can do in developing her child, and how much better she is fitted to instruct it in the knowledge that it will need in future years than if she had attempted to quiet its cries with a mouthful of food or relegated the baby to a nurse. How often a mother cannot guide her child because she is incompetent to manage it! She tacitly submits to the dictates of an ignorant though may be good-natured nurse, because she herself has never been instructed in the holy duties of maternity.

### Mixed Feeding.

In the city a great many mothers, who are perfectly willing to nurse their children, find that after a month or so their milk becomes scanty and does not nourish. These mothers require plenty of cow's milk and farinaceous food, but if after this attention to their diet it is found that the milk is less and less in quantity, and that the baby does not thrive, then it becomes imperative to hand-feed the baby once or twice a day. As a rule the mother, if she has slept at night, will have milk enough in the morning; but seldom, if she be weak, will it last through the afternoon and evening. If such be the case, then it is necessary to augment the baby's nourishment by judicious feeding to make up for the deficiency in the mother's supply during the latter part of the day. This "mixed feeding," as it is termed, should be begun by the physician, who should carefully watch the baby's growth, and change, if need be, the constituents of the food. The basis of this diet should always be milk, and generally cow's milk as the most easily attainable, and prepared to approximate in character the human milk. Condensed milk and all patented foods should be avoided, unless ordered to meet special requirements of a baby's condition. Judiciously carried out, mixed feeding will often assist a weak mother who otherwise would be unable to nurse her infant.

### Advantages to the Mother.

The benefits of the detailed attention required to keep a child in good health are as great to a mother as to her baby. With her increased experience the mother will be pleased to observe the advance she has made intellectually and morally; for those who teach learn, and there should be no gain of knowledge so valued as that which comes to a mother who has taught her child in the first years of its existence. Habits of discipline early acquired will unconsciously aid men and women to meet the trials and vicissitudes of mature years. The healthy child is easily taught, and the first lesson is to teach regularity of diet and rest. If this be done all other instruction can be given in due course.



## THE LESSON OF BABY RAYNOR'S NAP.

BY HARRIET BAILEY CLARK.

"HERE, Mary, you may take Baby and put him in his crib," and tired little Mrs. Raynor gave her eight months' boy into the strong arms of his young nurse. "I am thankful he is better," she added with a sigh of relief.

"Sure he's all right now, ma'am ; in two weeks he'll be as chipper as ever."

"Well, be careful of him. I must leave him more to you now, there are so many things waiting for me to attend to."

Mrs. Raynor turned to her neglected duties, and her attention was absorbed for a time. Presently she saw Mary coming downstairs with a large dust-pan covered with dust.

"Where have you been sweeping, Mary ?"

"In the nursery, ma'am."

"You didn't sweep the nursery while Baby was asleep there ?" cried Mrs. Raynor.

"Yes, ma'am ; and I'm sure it needed it. Not a minute have I had to sweep it these three weeks the baby's been sick, and those children playing there every day while he was in your room."

"But, Mary, don't you know that while he is so sick and weak it is enough to kill him to breathe that horrible dust that has been gathering upon the carpet ?"

"Oh ! the dust didn't get on him, ma'am ; I just put the spread nicely up over his face."

"Oh, dear ! worse and worse !" said the troubled little lady ; "it would have been almost as bad for him to have had his face covered up all that time. Is his face uncovered now ?" said she, with a sigh of resignation.

"Well, now," said Mary apologetically,

"I forgot. I'll just go right up and fix him all right, ma'am."

"I will see to him. Don't ever do such a thing again," and Mrs. Raynor hurried to the baby.

She found the nursery hot and dusty, the sun streaming in through a window that Mary had forgotten to close, so that the light fell full upon the crib. As Mary had said, the counterpane was nicely tucked about the face of the baby, and a heavy blanket was laid over him. Mrs. Raynor uncovered the sleeping child ; great drops of moisture stood upon the little face, his clothes were damp with perspiration, and he was breathing slowly and heavily. Hastily lifting the baby and throwing a light shawl about him, she put the blanket upon her own bed, turned the little pillow over, and laid the baby down. Closing the door into the dusty room, she sat down upon the side of the bed and wiped the moisture from the little face with a soft linen handkerchief.

"He is almost insensible from breathing that poisoned air so long," she thought regretfully. "How trying it is, after teaching Mary so carefully, to find her going so contrary to every command the first time I trust her with him after his illness ! I believe she has forgotten all I have said to her or shown her about Baby during the short time in which I have taken all the care of him. There is no use to explain things to her ; she either cannot understand or does not care to, and yet she is what I must call a 'good' nurse. If only I could find some one to help me who could understand and learn and remember ! A man would not tolerate at his

business such incompetent help as we women are obliged to have.

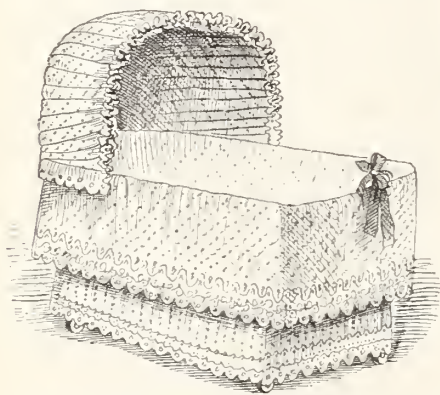
"This is a pleasant home for my nurse," she continued, glancing out of the window at the shaded lawn; "the children are obedient and intelligent, the house large and convenient, and her room is as comfortable as my own. She is well fed and well paid, and, if she were only so inclined, could have an abundance of time in which to read or study, and opportunity to fit herself for a home of

her own. If intelligent, well-read, carefully-brought-up girls who are obliged to earn their own living would only go into homes to live and learn and work, instead of into factories or stores, or trying to earn a scant living by sewing, what a blessing it would be to hundreds of mothers who are working beyond their strength trying to make their homes just what they should be, and what an incalculable blessing it would be to the hundreds of girls themselves!"

## NURSERY HELPS AND NOVELTIES.

### Home-Made Bassinet.

NOTWITHSTANDING the fact that draped articles for the nursery are to be avoided because of their liability to accumulate dust and exclude air, many mothers will continue their use. To such mothers the following may be of interest: A dainty bassinet for Baby's reception may be prepared of the simplest materials and at very little cost, yet made to appear very like the expensive nest exhibited under a glass case at



one of the baby-bazaars of this city. The materials are a clothes-basket, a large box, four casters, pale blue or pink silesia, white-dotted Swiss or cottage drapery, narrow lace edging, and a couple of yards of rattan. The annexed diagram will give an idea of the frame-work, the hood being shaped of the rattan, on which the silesia must be shirred. The basket must be firmly attached to the box, on which the casters

are fastened to insure its being easily rolled about. Line the basket with the silesia, over which gather the Swiss. Around the edge place a flounce of silesia as deep as the basket, covering it with Swiss edged with lace, and place a similar flounce beneath this at the bottom of the basket, to cover the box and reach to the floor. Put the flounces on from the back, so as to fall over and require no heading; though one of quilled ribbon, if the expense be not heeded, is an improvement. Cover the hood of the shirred silesia likewise with the Swiss, and finish off with a ruffle around the front. After mattress, sheets, and pillow are in place, cover with a spread and pillow-sham made to match. A baby-basket trimmed to match will complete this dainty outfit.

### Contrivance for Washing Baby's Mouth—A Camel's-Hair Brush.

I HAVE a very useful arrangement for washing Baby's mouth, which my nurse prepared for me. It consists of a bone stick about four inches long with a small sponge sewed on one end. Mine is made from the upper part of a small afghan needle. I had a jeweller bore four small holes through one end, then took a piece of nice white sponge, about as big as a nutmeg, and cut some from the inside, so the edge would not be too thick, and sewed it firmly to the handle. I find it very convenient, as it is a nice way to give Baby a little cold water before he has learned to drink.

I also find a small camel's hair brush a great help in the nursery. Dipped in sweet-oil, it is

very useful to loosen the crusts which collect in Baby's nostrils, to remove any crust which may form behind the ears or other parts of the body where we find our fingers too large to do the work properly. MEDIA.

*Brunswick, Me.*

### The "Queen" Perfume Lamp.

A USEFUL little lamp for disinfecting a room with carbolic acid or any other antiseptic, or for generating any medical vapor for inhalation in cases of bronchitis, catarrh, whooping-cough, asthma, or diphtheria, has recently been put upon the market with the above title. It derives its name from the fact that, when not necessary for any other purpose, it may be used for scenting an



apartment with any desired perfume. It is composed of a spirit-lamp and a small basin, separated by a perforated flue, which provides for steady combustion. It is used by simply placing the disinfectant or other vaporizer in the basin and lighting the lamp. When the contents of the basin are heated the vapor escapes through several small holes in the cover and fills the room.

The lamp is manufactured by Messrs. Silver & Co., 56 Warren St., New York City; price, fifty cents.

### A Fir Pillow for Baby

PROBABLY many mothers have in their homes little pillows of fir-balsam. Let me suggest that Baby may enjoy a part of these pillows, and that the mothers will find this a helpful and healthful way of inducing long, restful naps. When our little daughter was about six weeks old I noticed her one day sniffing all around me, as if to discover the source of the fragrant odor. Suddenly she buried her little nose in the fir pillow on which it was resting, sniffed contentedly for a few minutes, then fell asleep. Several times after this I noticed her enjoying the odor; it brought comfort and sleepiness. We made a little pillow for her, filling it with the tender tips of the fir-balsam, and now she rests in her bassinet on a mattress of pine, hemlock, and fir, with the little pillow of balsam at her head. At night I take this same pillow to her crib, and she sleeps more sweetly than on her pillow of hair. She will go to sleep readily at her bed-time (six o'clock), and often does not

waken till midnight. When restless in her sleep a few sniffs of the pillow will often bring sound sleep again.

G. M. C.

*W. Boxford, Mass.*

### A Play-room with Mamma at Hand.

REGARDING a day-nursery for children, I would say that we made the experiment of fitting up a separate room for our three little ones, where they could have their toys, etc.; but we found that, somehow or other, they would in a few moments drift into the sitting-room, "to be near their mamma." Not that they disliked their toys and games, but that they liked their mamma more, and found, unless they were near her, their toys had no great attraction for them.

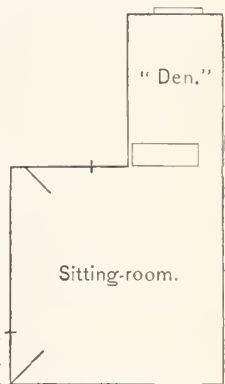
Our sitting-room has an ell to it, in which are two windows. The sun comes in from early morn until late in the afternoon. We took up the carpet covering this space and painted the floor, and into this "Den," as we named it, all their toys, rocking-chairs, tools, etc., were moved. The children are allowed to do as they please there—chip wood, saw, make clay figures (learnt at the kindergarten), cut paper-dolls, etc., etc. Across the entrance to the "Den" the lounge is placed, allowing sufficient room for the children to pass in and out, but hiding the condition of the den from any casual caller.

The children whilst amusing themselves have their mother in sight, can converse with her, and are in every way more content. At night, after they have retired, a few moments will suffice to make the "Den" presentable and ready for occupancy in the morning.

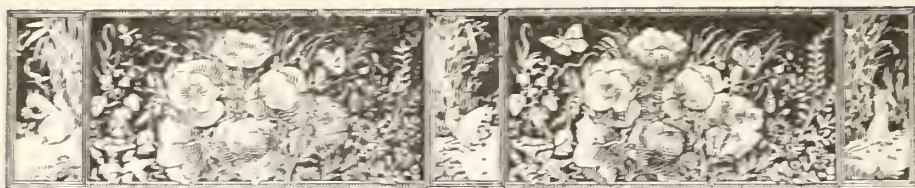
The children, when there, know they can enjoy themselves as they please and in their own way, and are far more contented than if they were isolated in a nursery-room alone by themselves.

Of course it would be difficult to carry out this plan in an ordinary room; but in this case the sitting-room proper can be in a state of perfect order, whilst a few feet away beyond the lounge, and within the precincts of the "Den," pandemonium may reign supreme. I enclose a sketch of the room as thus planned.

C. C.  
*Brick Church, N. J.*







## NURSERY PROBLEMS.

**NAEVUS, or "Mothers' Marks"—Trouble from Wind—Discharge from Ear—Rheumatic Pains.**

*To the Editor of BABYHOOD:*

(1) When my now five-months-old boy was about one month old, I noticed on the left breast, just above the nipple, what seemed to be a black-and-blue spot about as large as the end of my finger. In a day or two there appeared in this spot two tiny red spots, like pin-points, and these have grown until now they are a little larger than rapeseed, are blood red in color, and stand out on the surface like blisters. The bluish appearance still continues, and that side of his breast seems somewhat swollen. It seems not to cause him any pain as he never cries when I touch it, though he wriggles away as if he preferred I should let it alone. Our doctor advised me to let it alone, but it does not disappear, and the spots gradually increase in size. Can you tell me if there is anything it would be well to apply?

(2) The child is generally vigorous and healthy, though when he was three months old he had some trouble of the heart, which caused, at times, a very mottled appearance of his body. He would also turn very blue at times. But he appears to have entirely outgrown that.

(3) He has been bottle-fed since the first two weeks, and thrives on it, his only trouble being wind, which causes him to throw up his milk a good deal; but my other two children were both troubled in the same way. He weighs seventeen and one-half pounds and seems very strong, stands and springs on his feet very vigorously, when allowed to do so, and can almost sit alone.

(4) He has one other trouble—a sore in one ear, which has discharged most of the time since he was six weeks old. He has taken some medicine for it, and once or twice it has stopped discharging for a day or two. I cannot discover that he suffers any pain from it. The discharge is thin, of a greenish color and very bad odor. I syringe the ear every morning with warm water, and would like to know if there is anything else I can do for it.

(5) My little girl, nearly three years old and very well usually, complains often of her knees aching, sometimes one and sometimes the other, and occasionally they will seem to give out under her and she falls and will cry and say, "I can't walk, mamma," but in a short time she will be playing around again as well as ever. I have observed that it doesn't happen when she has been on her feet more than usual, but rather when she has taken a little cold. Do you think it can be rheumatism? I cannot find any swelling, and she is otherwise perfectly well.

*Hopkirk, Mass.*

W. H. S.

The tendency of the naevus to grow is well described by our correspondent. The chief danger lies in the ease with which the parts are injured when serious bleeding may occur. The diseased vessels should be destroyed. Many methods have been employed, but none gives so satisfactory results as the hot needle, either the simple heated needle or the electro-cautery. The hot needle gives small pain, and even the small amount may be prevented by the use of an anæsthetic, if the surgeon thinks (2) the condition of the child's heart will permit its employment. The destruction should be thorough, and if the electric needle is used only one puncture of the skin need be made, the needle being moved around under the skin.

(3) Care in preparing and in administering his food, and moderation as to quantity, may relieve the trouble from wind.

(4) So long as the foul discharge continues you must continue syringing night and morning with a disinfecting wash—say a little boracic-acid water (teaspoonful to a pint of water) or carbolic-acid water (half-teaspoonful to pint, well mixed).

(5) Very probably the pain is of a neuralgic character, the cause of which may be rheumatic, but it may depend upon many other causes.

### Retracted Nipples.

*To the Editor of BABYHOOD:*

I am expecting my first baby in the fall and am very anxious to be as thoroughly prepared as possible. I am worried over my breasts, the nipples of which are completely inverted, so much so that there is a small hole where there ought to be a protuberance. My physician advised drawing them out with a breast-pump, but, finding that I had a tendency to miscarriage, reversed his decision. My husband, at his suggestion, went to several of our largest pharmacists and instrument-makers, but could find no apparatus for the purpose except the breast-pump. The doctor then told me to write to you, in whom he has great confidence. It may not be out of the way for me to tell you that in his "parish," as he calls it, all the young mothers who take *BABYHOOD* are his favorite patients, though they are not very lucrative.

In an article on the care of the breasts you spoke of drawing out the nipples with the fingers. That is with me an utter impossibility, for there is

(1) The trouble described seems undoubtedly to be what is known to physicians as *naevus*, which is a disease or peculiarity of the blood-vessels of the part, and which constitutes one kind of what is popularly known as "mothers' marks."

nothing to take hold of; so I am in need of further information.

Is there any risk in hardening the nipples with alum-water? And how strong a solution should be used? INEXPERIENCE.

Chicago.

The retracted nipple is not rare. Of course it cannot be directly pulled out, but the surrounding breast can be gently and continually crowded back and the nipple brought to the surface and then coaxed forward. We know of no risk in the use of alum-water. A level teaspoonful of the powder in a tumbler of hot water makes a pretty strong solution. Unless your physician knows a reason to the contrary, we believe you can safely use the breast-pump in the last month of pregnancy.

### The Contagiousness of "Humors"—Symptoms of Rickets—Baby Powder—"Red Gum."

To the Editor of BABYHOOD:

I would like to have the aid of BABYHOOD's wisdom in answering a few questions that have perplexed me more or less, and if you can give me that aid you will place me under great obligations and, I doubt not, help some other mothers, too.

1. Do you think it advisable to allow two children, aged respectively three years and nineteen months, to sleep in the same bed? The older child has generally good health, but the younger inherits a weaker constitution and a tendency to humor. What I fear is that the older one may suffer in some way if put to sleep with his younger brother. Is there any foundation for my fear?

2. What can the mother do to prevent rickets, or to aid in overcoming the disease when its presence is suspected?

3. Do you think I have cause for anxiety in my nineteen-months-old boy? He is just cutting his canine teeth—has two through and two more coming; his skull opening is not entirely closed and his head perspires freely on warm days; he says very few words, and he has had a tendency to looseness of the bowels. On the other hand, he is of average size, not fat, strong in his arms and legs for his age, has no signs of bow-legs, generally sleeps well, and eats heartily of milk, graham bread, and strained oatmeal and wheat. His bowels seem to be in good order now.

4. Would a mother's taking lime-water aid in preventing the appearance of this disease in a nursing baby?

5. Do you recommend Compound Talcum as a powder to be daily used on a young baby? and where can it be bought?

6. Can you tell me how to prevent and how to cure the rash nurses call "red gum"?

Rhode Island.

MOTHER OF THREE.

1. That must depend upon the nature of the "humors." The eruptions that are due to disordered digestion, for instance, are not contagious. Many or most common skin diseases are not believed to be. On the other hand, eruption of a tuberculous origin may be. If the point is of importance, ask a physician who knows the child.

2. Her best reliance is on proper food, in making sure that her breast or the child's artificial food is as good as can be had. Medicinally, medicines containing phosphorus, particularly the hypophosphites, are useful.

3. His teeth are not particularly late. The closing of the head is rather late. Altogether the symptoms of rickets you mention are not very marked, and very probably you have no need of anxiety. It is a good sign that you are watching for the disease. Continue to watch for symptoms, not anxiously, but prudently.

4. Probably not. Keeping her milk good by judicious care of herself and generous feeding would do more.

5. We recommend no powder for daily use. When any excoriation or chafing exists the Compound Talcum powder is very good indeed. You probably can find it in any drug-shop.

6. "Red gum" (Scrophulous) is a very slight ailment of early infancy, due usually to the sensitiveness of the skin at that age. It rarely needs treatment, being ordinarily of very brief duration. Sometimes the bowels need a little attention, and if the irritation is considerable a soothing application, such as vaseline or diluted lead-water, may be made externally.

### Nail-Biting.

I.

To the Editor of BABYHOOD:

What will cure a child two years old of biting his finger-nails? Is there any *bitter* which would be harmless in case he put his fingers in his mouth, when the ends of the fingers had been generously covered with the substance? The bad habit amuses my little boy when lying awake in his crib, and when it is too dark to be detected. J. S.

West Newton, Mass.

II.

To the Editor of BABYHOOD:

What shall I do to cure my little two-year-old of biting her nails? I have tried putting aloes, camphor, wormwood, etc., on her fingers, with no success, as she will say she likes it, and wants mamma to "put on more." I am at my wits' end to know what to do, and so appeal to BABYHOOD.

Mount Vernon, N. Y.

M. B. S.

The second query practically answers the first. Many children are deterred by the bitters mentioned by "M. B. S." Aloes tincture has been most generally used, as being both bitter and nearly harmless. But when bitters are not disliked there is little to be done until a child is old enough to obey, and then the habit is already well fixed. One of the best if not the best remedy is to tie up the hands in mittens or bags at night, or such other times as the habit is indulged in.

### Peptonized Milk.

To the Editor of BABYHOOD :

In the directions for using Fairchild's Peptogenic Milk-Powder I find nowhere a recommendation to boil the milk before mixing it with the powder; is this not often desirable, and advisable in any case?

Two methods are described—that of "humanizing" milk fresh for each feeding, and that of making enough for several feedings in advance. Is there no difference between the two? The saving of time and trouble is certainly on the side of the second.

Is there any harm in the bitter taste which the milk assumes if heated too long or too suddenly?  
New York, P.

It is better, especially in hot weather, to boil the milk on receipt, as it prevents or retards changes.

We prefer the second method—*i.e.*, that of making enough for several meals at one time—because if the preparation occurs every few hours variations of heat and other circumstances are likely to make variation in degree of peptonization. Besides, six minutes seems a long time when the baby is crying for food, and the time is likely to be cut short in consequence.

In the second method of preparation one manipulation may be saved by putting the mixture into a *clean* saucepan or pail, which is set into the warm-water pail (115° to 120° F.), and the whole covered with a "cosey" or a blanket, which keeps the heat uniform. The vessel containing the mixture can then be removed at the end of fifteen minutes, and the scalding directed in the process done in the same vessel, and it is then put into glass. A preserving-jar with airtight glass top is a good receptacle for it, and easily kept clean.

It is of great assistance to use an immersion thermometer, which can be had for less than a dollar.

The objections to the bitter taste are these: First, it is likely to disgust the infant after a little if it is not very hungry, and it may refuse a part of the meal. Secondly, the amount of casein in human milk and in cow's milk differs. There are also differences in the two milks about which chemists are not all agreed; but it is in general admitted that human milk has in it more peptone than cow's milk, and it is believed that partial peptonizing of cow's milk properly diluted approximates it to the character of human milk. But it would be overdoing the matter to entirely peptonize the cow's milk, and practically in health it is doubtful if it is well to feed the child on pure peptones; a partially peptonized food is probably better in the long run. In cases of digestive trouble the peptonizing action may be increased.

### An Erroneous Impression of the Effect of Sugar.

To the Editor of BABYHOOD :

In his article on "Fruit: Its Use and Abuse," Dr. Wood, in the July number, says: "The strawberry, raspberry, and blackberry have more acid and less sugar than most of the other fruits that we have discussed. They should not be eaten without sugar to any extent; adding sugar will diminish the injuriousness." This surprised me very much, for I have been brought up to believe that adding sugar to an acid does not diminish that acid, or change it, but increases the acidity that the digestive organs encounter, for sugar forms an acid in the stomach. Am I entirely wrong in this belief?  
Longwood, Ind. G. F. H.

The effect of sugar in modifying the acidity of fruits is a matter of such every-day experience as scarcely to call for comment, and, indeed, may safely be left to the interpretation of the sense of taste. Cane-sugar is not digested in the stomach at all, but in the intestine, where it is converted into, not an acid, but glucose—grape-sugar. The belief that sugar generates an acid in the stomach is doubtless due to the indigestion occasionally following its improper use.

### Suspected Bow-Legs.

To the Editor of BABYHOOD :

My baby is sixteen months old, perfectly healthy, and, although now cutting stomach-teeth, is as well and good as can be. The only thing troubling me about her is that her legs do not seem to be straight. She walks well. I have consulted my physician twice upon the subject, and he agrees with me that there is a slight curve in bone, but advises "leaving it to nature to straighten out, as the child is thoroughly strong and healthy." Does this appear to you to be good advice, and will nature do all that is necessary, or would it be best to try a brace? The doctor thinks nothing will be lost by waiting, but I cannot feel quite satisfied without BABYHOOD'S opinion.  
New York. SUBSCRIBER.

Slight curves in the shin-bone are within the limits of sound health. Thin legs often look crooked owing to the prominence of the ends of this bone. Whether your baby's legs have this kind of curve or are actually curved we do not know. Many legs *seem* to straighten without treatment, but we doubt whether any bone that has had a diseased crook in it, as distinguished from these natural curves, will straighten itself. Your best guide is, naturally, the one you have consulted, but, if you cannot rest content on his opinion, show the child to an expert and ask his advice.

### The Tubeless Nursing-Bottle—When to Give Solid Food—Sour Stomach—Flannel for Summer.

To the Editor of BABYHOOD :

I want to ask a question about the nursing-bottles without tubes, which are so much recommended. One of their strongest recommendations seems to be that the baby must be held to be fed.

(1) Now, how is the baby to be fed at night? Must



it be taken from its warm crib and held? It seems to me that would be a dangerous thing to do in this climate, where the thermometer goes occasionally to 20° or more below zero. Is it possible to use those bottles at night without taking Baby up? No mother ever thinks of sitting up in the night and holding the baby to nurse it, so I hardly see why that is any more the nursing position than lying down.

(2) When, in your judgment, ought I to begin to add other food to the milk for my baby, who was a year old the last of July, and has been fed on cow's milk since three months old?

(3) If bicarbonate of soda is used with the milk, how much should be used? What can be done for persistent sourness of the stomach? I have tried lime-water and soda, though the latter perhaps not in sufficient quantity.

(4) Is there any grade of flannel specially adapted to summer wear for babies? The ordinary fine baby flannel seems too warm when the thermometer is at 90° in the shade. It makes my baby perspire and seem uncomfortable, when without it she seems cool and comfortable, and it seems to me as if one in a perspiration was more liable to take cold.

Canton, N. Y.

C. W. R.

(1) You have misunderstood the directions; it is the bottle, not the baby, that must be held. The baby may lie in his crib. The particular dangers of bottles with tubes lie in the carelessness of attendants, who let the baby have its bottle to suck or not as it pleases and when it pleases; the milk being warm or cold, fresh or stale, as may be. There is also the danger of the collection of filth (fermented milk, etc.) in the tube.

(2) In the autumn, if your child has grinding-teeth, it may begin on cereals with its milk.

(3) If given for sourness of the baby's stomach, it is more efficient when given *after* feeding, mixed with hot water. Mix a quarter of a teaspoonful to a teacup of water, and feed to the child a few teaspoonfuls at a time. If the baby has a persistent sour stomach, much may be done; but to answer the question is to open up the whole subject of infant feeding, which is too long for a "Problem." One of the commonest causes of sour stomach is the use of cane-sugar in the baby's food. We do not know if you give this or not.

(4) Flannel garments for summer wear must be loose as well as thin, and, as we have insisted elsewhere, the multiplication of layers must be avoided. Flannel does not excite the perspiration, but it does retain it to a certain extent and make it more evident.

### Night-Feeding.

To the Editor of BABYHOOD:

My baby-boy is now nine months old. He has never been very well until within the past three months. He now seems perfectly healthy and has four teeth. He is a bottle-baby and has five meals during the day and two during the night. I have

tried taking his bottle away from him nights, without success. Will it do any harm for him to have the two meals during the night? or, if so, how will I take them away from him?

Auburn, N. Y.

F. S. C.

He ought not to be fed at night. Five meals in twenty-four hours are enough at his age. There is but one way to take away his night-meals—*i.e.*, simply to refuse to give them. You will have one or two troublesome nights, and then all will go as before, unless he is a very unusual child.

### Condensed Replies to Various Letters.

*Mrs. A. E. McC., Jacksonville, Fla.*—Until hot weather is past continue with your diluted milk, and defer experiments in food until cool weather. He is slow in teething. Very little fruit can be given to children before two years of age, but, on account of his constipation, begin with the orange after the hot weather. He can be weaned from the bottle whenever he has learned to drink properly. There is no fixed time. He should not be fed between his bedtime and morning.

*Mrs. H. A. G., Lee, Mass.*—There is nothing in what you write to show that your baby needs the oatmeal. If she is still entirely on the breast, it will be hard to give her oatmeal at all. Mixed with cow's milk it is very useful. As soon as cool weather arrives, however, your baby should be weaned or partially fed—unless you have a remarkable breast of milk—and then cow's milk prepared in some way will be your best resource.

*Mrs. A. G. B., St. Paul, Minn.*—The diet you are giving Baby is rather mixed. Except in cases of sickness, we think a child on the breast should not have additional food except some form of milk preparation. In sickness the physician will direct diet suited to the needs. It seems to us that white bread is distinctly bad for a child who has no chewing-teeth. Nor do we think the beef, mutton, or chicken tea of any especial benefit. As soon as cool weather comes wean the baby. Till then continue the milk and barley-water as now, and give it in place of the other food as well. After weaning rely chiefly on the milk and barley-water, and feel your way toward other food carefully. It is a convenience to use a cup instead of a bottle, if you can teach him to use it; but it is not a matter of great consequence.

*N. L., South Carolina.*—In such a case it is not easy to prevent the constipation, because the cause is not evident, unless it be the heredity you suggest. But the baby should not be allowed to go three, or even two, days without a movement. At least once a day, at a fixed hour, the soap pencil or the oiled nozzle of his enema syringe should be introduced. In this way a movement will be gained and the tendency to regularity encouraged.



*A. D., St. Cloud, Minn.*—There is no especial thing you can eat to hasten the teething of your baby. Good general and generous diet is the best. We think the baby would have been better off if weaned before the summer. Artificial food, if wisely arranged, is better than any fifteen-months' breast we ever saw. Backward teething may be hereditary, or rather the causes of it may be hereditary. The completion of a full set of "milk" teeth occurs at two years on an average, hence the name "two-year-old molars" for the last. Some children have them earlier. The first permanent molars appear on the average at about six-and-a-half years, the first of the permanent teeth. The article you desire to see is on page 102 of Vol. I. of *BABYHOOD*.

*A Subscriber.*—If you mean every three hours day and night, the amount is enough and (pro-

bably) to spare. It is not usual to feed a child of eight months as often as every three hours. Rubber diapers are as well washed with soap and water as in any way. The rubber will not stand disinfectants as a rule. But rubber diapers are nasty things, and should only be used in an emergency like travelling. Ordinarily a little care will save the need of them.

*G. A. E., Niagara, Dak.*—The milk is as good as anything we can suggest, except the following additions: Try some meat broth (plain) once in a while as a change. If it agrees give once a day. Give Baby some syrup of hypophosphites. The druggist of your neighborhood will have it and give you the proper dose of the kind he has. The rice would better be delayed. Make oatmeal gruel and mix with the milk; this will be an advantage to her if used steadily. If her bowels are loose give her barley gruel instead.



## NURSERY PASTIMES.

### What may be done with Tacks, Putty, and Spools.

FOR a child who is old enough to keep tacks out of his mouth, a paper of tacks, a small tack-hammer, and a soft board will afford more amusement than one would suppose until it has been tried. My boy used to hammer in the tacks till there was hardly a spot uncovered, and then found amusement in trying to dig them out again. To make variety in the play draw the child's initials upon the board, or some simple design, as a square, a circle, a box or chair, and let him fill the outline with tacks.

Another simple amusement, but one which requires a gingham apron for neatness, is a small ball of putty, such as is used for putting in panes of glass. My baby would make little marbles of it, and various figures which he fancied resembled some object, really succeeding in making a head with the features upon it with a little blunt stick, after seeing me do the thing a few times.

As to very small babies, a string of empty spools has had a charm that cost more costly playthings in the shade. And for his high-

chair I have invented the simple method of tying his rattle, his brush, and other playthings by long strings to the arms of his chair, so that when he throws them down from his tray, as all babies will do for the pleasure of seeing you pick them up, they only go the length of the string; and in peering over the side of his chair he soon discovers the toys and hauls them up by the string, thus preventing many a backache to his long-suffering nurse. M. of F. B.

*Omaha, Neb.*

### A Painter's Outfit.

THE very nicest amusement for the little ones is painting in the pretty Greenaway books. They are so inexpensive that the children can "try, try again," even if the pictures are terrible daubs. Tie a dark-colored apron or bib around their necks; be careful to have the colors "sans danger." Fill a cup with water for washing the brushes, another with gum-arabic water for wetting the brush; arrange the book, give a little instruction, and see what they can do. Children are usually very sure they "can do it!" After a while they will

ask mamma for the help they disdain at first. I keep this painting lesson as a reward for good conduct in the morning, and let them try it during the first part of the afternoon, when it is too hot for them out-of-doors. If the mothers who worry about their children's inability to "keep still" will try some such remedy, the restless little ones will sit still long enough for a change and rest. H.

*New Jersey.*

#### A Feast for Baby's Eyes.

ONE day while amusing my little nephew, a baby four months old, I arranged a simple but charming toy. It was only a round elastic stretched from the diagonally opposite posts of the old-fashioned bedstead; on this I tied bits of bright tissue-paper, which are so apt to accumulate, being careful to arrange the colors tastefully, so that Baby's eye should not become accustomed to discordant colors. I then attached his rubber ring by a tape to the elastic, which was high enough to keep the papers out of reach of the little hands that would so soon have put them in his mouth. He either played with the rubber ring or had it put over his wrist, and with every motion the little tissue-paper fairies kept up a gentle and airy dance. This simple contrivance the baby always enjoys with unabated zest and often for hours at a time.

*Columbus, O.*

C. C. H.

#### Portable Blackboard.

I WOULD suggest that mothers get for the nursery a portable blackboard that can be used on both sides and rolls up like a map. I have never found anything that furnished as much pleasure and profit as this one thing. My little boy and girl, aged respectively five and three, have learned to draw quite nicely for little folks, and can make very fair capital letters.

When they are tired of other playthings, the blackboard is again returned to with renewed interest. A box of chalk will last a long time and costs fifteen cents. J. B.

*Bradford, Ill.*

#### The Uses of an Old Kitchen Chair.

MY year-old baby has a plaything that is a source of endless amusement to him. It is a common wooden starch-box with twelve auger-holes through the bottom. His father took rounds from an old kitchen chair, sawed them into pieces three inches long, and the plaything was done. The baby pushes the pegs through the holes, and when he has dropped them all in, over goes the box and he begins again.

*Albion, N. Y.*

J. W. S.

#### A Cheap Home for Dolls.

A VERY pretty doll's house I made for my little girl from a large packing or shoe box. A carpenter divided it into four rooms and an attic with glass windows. I painted it a warm red. The total cost was \$1.40, and it will last her all her "dollhood." She used it as a cupboard for putting away the toys every night at cleaning-up time. M. C. H.

*Cranford, N. J.*

#### Amateur Carpentering.

ALL boys are fond of hammering and will manage to drive tacks and nails into furniture and woodwork about the house; so in order that Paul, two years old, might use his beloved tack-hammer without doing any damage, we had a wooden box made for him with a sliding lid. In this lid are ten holes in which pegs are fitted, so that they can be hammered in until they reach the bottom of the box. When they are all in, reverse the lid and the work begins anew.

*Centralia, Kan.*

A. O., JR.



## THE KINDERGARTEN AT HOME.—XII.

BY GRACE C. KEMPTON.

## THE SEVENTH GIFT.

FROEBEL'S plan was, we know, to lead the child from the concrete to the abstract; from solid to surface, from surface to line, and from line to point. The occupations as well as the gifts are arranged in this orderly sequence.

That such a sequence is orderly is plain to us,



FIG. 1.



FIG. 2.



FIG. 3.

or may be if we are observant of nature's ways and means. One thoughtful kindergartner suggests to us how the trees illustrate this sequence. The solid roots and trunk first, connected by the stem and branches (line) to the leaves and flowers (surfaces), and, lastly, to the seed (point). The same sequence can be traced throughout all growth, either symbolically or

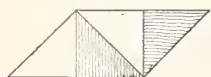


FIG. 4.



FIG. 5.

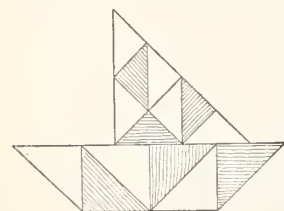


FIG. 6.

literally, and if we follow Froebel we must follow nature, feeling sure that that which is universal through the organization of lower life should be universal in human organizations; that the grand plan divinely arranged for the lower kingdoms is equally appropriate and exquisite in its application to the kingdom of man. The more strongly the foundation of kindergarten philosophy is felt, the more clearly will the system be used in each detail of its application.

One form of the planes—the square—we have already considered. Bisecting the square diagonally we find the right-angled isosceles triangle, which we use now in our further investigations with surfaces. The best way to introduce this triangle is to let the child make one by dividing a square tablet of

cardboard or paper from corner to corner (Fig. 1). We must keep the connection between solids and surfaces clearly in the child's mind by often referring him during the use of the planes back to the solids; letting him make a clay cube, then cut off the square tablets, and then cut each one into two triangles. A cube cut from a potato or apple is excellent for this purpose, as the slices

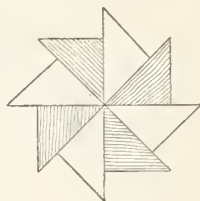


FIG. 7.

are easily and neatly cut from it. The triangles should also be made by cutting the cube diagonally into two triangular blocks, then each block into triangular planes. The last process will

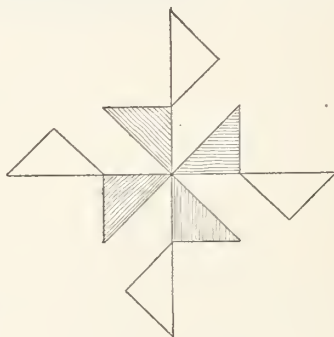


FIG. 8.

make a clear connection with the solid spoken of in the last article, and the child will soon be familiar with the relation of the plane triangle to the solid triangle found in the Fifth Gift.

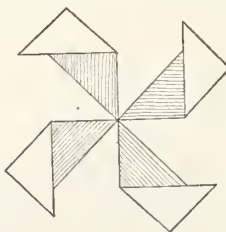


FIG. 9.

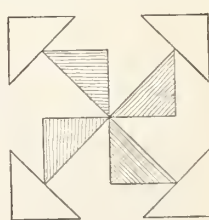


FIG. 10.

When the connection of solid and surface is distinctly brought out, we lead the child to think of the planes themselves. It is bet-

ter that they should be made of wood, as the cardboard corners soon become blunt and worn, thus losing their identity. Wood the child has met in previous gifts, but only in the square planes has he seen the polished colored surface.

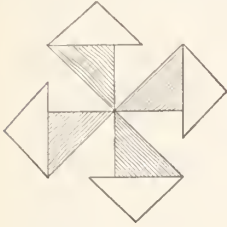


FIG. 11.

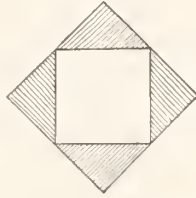


FIG. 12.

Trace materials back to their origins repeatedly to give clear impressions to your pupil's mind and enlarge upon the true but limited belief of every child that it—the wood or other material—came from "a man."

All that we did with the solid triangles we do

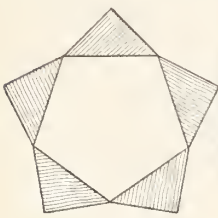


FIG. 13.

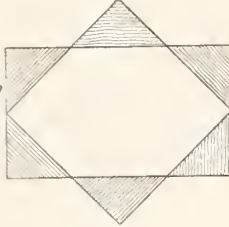


FIG. 14.

now with the plane. First showing all the positions of one triangle, etc., we repeat the impression of two acute angles forming a right angle.

Never use technical terms until the objects are very familiar. Allow the child to give its

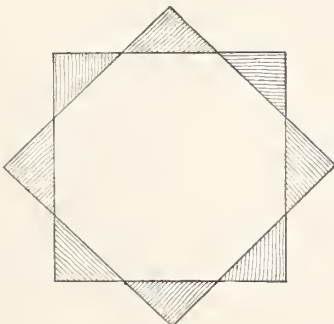


FIG. 15.

own name to corners, provided the name is intelligently selected. For instance, a right angle is at first a square corner, an acute angle a sharp corner, etc.

Develop the idea of *the base* of a triangle as soon as practicable; it will be very serviceable in giving directions. Allow the child to form triangles of different sizes, using a number of planes. Lead the child to notice that the base in the triangle shown in Fig. 2 is always a longer edge.

Let him think what form would be the result of placing four triangles touching by their square corners.

"Where would the four bases be?" To solve *simple* problems mentally is strengthening to the child's mind, and the subsequent *doing* of the same problem will be more intelligent and observant.

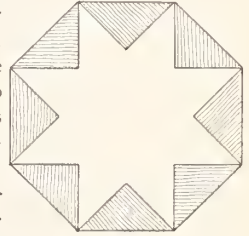


FIG. 16.

Of four triangles form an oblong, lying from left to right (Fig. 3).

Move the triangle from the right-hand side to the left-hand side, and place it touching, with its right angle at the bottom, and we form a rhomboid lying from left to right (Fig. 4).

Turn the left-hand triangle so that it lies with a right angle at the top (Fig. 5), and we have formed a trapezoid. The trapezoid is known at first as "the boat," and we stop

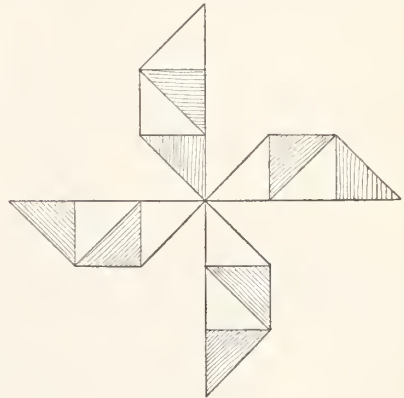


FIG. 17.

to play about it, developing intelligence in regard to boats. "What kind of a boat is this?" (Fig. 6). "What other kinds of boats have you seen?" The familiar song, "Lightly Row," may be used in this connection while the children move their arms in imitation of rowing in time with the music.

Of eight triangles (Fig. 7) we make a cog-



wheel, whose construction and special uses will form interesting subjects of conversation. The cog-wheel may be used as the starting-point for a series of forms of beauty. Let the triangles

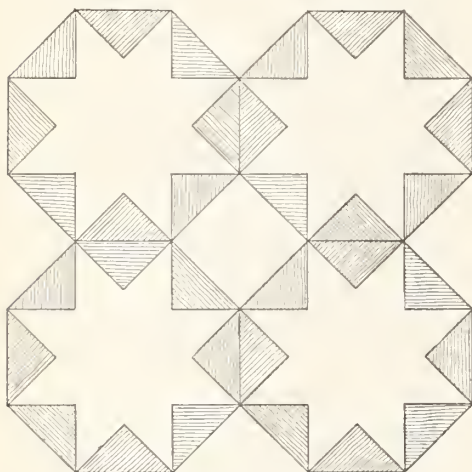


FIG. 18.

(placed by opposites *always*) alternate in color. Supposing them to be of purple and yellow, we will move the yellow ones as follows:

Move the right-hand yellow triangle one inch to the right; left-hand yellow triangle one inch to the left; upper yellow triangle one inch up; lower left-hand triangle one inch down (Fig. 8).

Turn the lower triangle so that it touches by its base with its right angle pointing down (even at the left). Turn the upper triangle so that it touches by its base with a right angle pointing up; turn the right hand triangle so that it touches by its base with its right angle

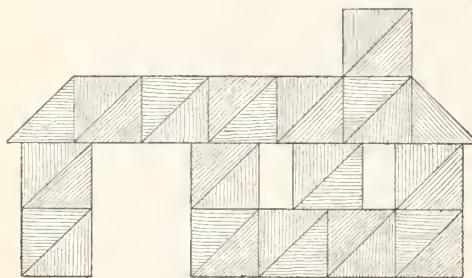


FIG. 19.

pointing to the right; turn the left-hand triangle so that it touches by its base with its right angle pointing to the left (Fig. 9).

Turn the lower tablet so that it touches an acute angle by the centre of its base, its right angle pointing down to the right. Turn the upper tablet so that it touches by the centre of

its base, its right angle pointing up to the left. Turn the right-hand upper triangle so that it touches by the centre of its base, its right angle pointing up to the right. Turn the left-hand lower tablet so that it touches by the centre of its base, right angle pointing down to the left (Fig. 10).

Turn each triangle again so that it touches by its base, even at the opposite side from that in Fig. 9, forming the same design but as if revolving in the other direction (Fig. 11). Turning each triangle into its original space we find ourselves at the starting-point—Fig. 7.

What *forms* in space can be enclosed by four triangles? by five triangles? by six? seven? eight? (Figs. 12, 13, 14, 15, 16).

Let the rhombus, rhomboid, trapezoid, and other figures be used as elements which in combination may form symmetrical designs. These designs may in each case be used as a starting-

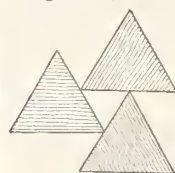


FIG. 21.

point for a series of designs, which proceed by orderly steps by moving the *outer* triangles around the centre through each stage, returning always to the first form (Fig. 17).

Let several figures be joined, forming a symmetrical design (Fig. 18), as for tiled floors, etc. Fig. 19 shows one of the many forms of life that can be made with these triangles.

#### EQUILATERAL TRIANGLE.

A simple way to lead the child to the knowledge of the equilateral triangle is to ask: "What form has the space you enclose with three triangles, using only the three shortest sides?" "How does this triangle (in space) differ from those we have been playing with?" The children will be likely to say: "We cannot play with this, a hollow triangle." But you can readily show them that they can. It may be a garden, a house, or a chicken-coop, and stories and plays may be woven about it, during which time you watch your opportunities to develop

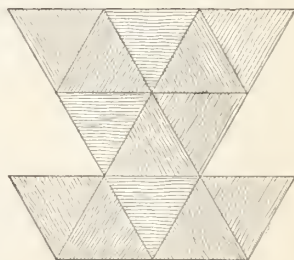


FIG. 22.

an idea of its *equal sides* and equal angles; that it has no right angle, but three "sharp" angles, deepening the impressions gained by giving them now one of the equilateral triangles. They find no variety of positions possible with this triangle because of its equal sides and angles. With two of these triangles we do the same work as previously with the right-angled triangles, and similarly with a greater number. Of two triangles we make a rhombus; of three the boat form, trapezoid; of four the rhomboid, also a larger equilateral triangle. With six triangles a hexagon is made; with eight a large rhombus.

Let the child learn to place one triangle touching by an angle the middle of the edge of another triangle; then forming a line, slanting or straight, of triangles in the position shown in Fig. 20. Let three triangles be placed, each one touching the others, as in Fig. 21, and a small, hollow equilateral triangle will be made.

With each set of planes new forms of life and beauty can be made. Fig. 22 shows a flower-pot, and Fig. 23 a table.

In making forms of beauty, as in the right-angled triangles, we combine the elements first formed to make symmetrical designs.

One cannot watch a long, low table surround-

ed by bright faces at work with these fairy toys without feeling their exquisite adaptation to the cultivation of the beautiful, or without realizing their influence toward fine industries which shall beautify the world with truly good things. Madame Kraus-Boelte gives in her guide this story from life:

A poor wood-carver becomes discouraged at failure to sell his articles, when he sees his little son—a kindergarten pupil—at work

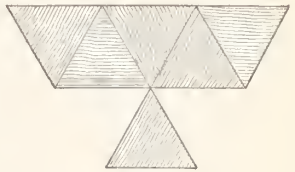


FIG. 23.

upon the floor with bits of wooden triangles he had found. Watching him closely, he observes the secret of his success in designing, his partly unconscious though unfailing dependence upon the law of opposites. He learns of the boy, and, working upon the same law, constructs a table whose surface gives delight and is quickly sold.

This may be an exceptional case, but the fact of the strong influence of the beautiful which this work brings is very general, and must make itself felt by all who give it quiet thought and consideration.

## THE MOTHERS' PARLIAMENT.

### Three-Meal Babies.

To the Editor of *BABYHOOD*:

I was much interested in an account, given in Dr. Holt's article in the June number of *BABYHOOD*, of a number of babies in an orphan asylum being fed by mistake only three times in twenty-four hours and enjoying exceptionally good health. It reminded me of a book which I read several years ago, called "How to Feed the Baby," by a certain Dr. Page. He relates that, having lost several babies of his own (I think there were four), he concentrated his whole attention upon the question of infant hygiene, and, having become convinced that the terrible mortality of infants in general was due to over-feeding, he resolved that his next child should start upon an entirely new principle, and should have but three meals in twenty-four hours, like an adult. He considered that the fact that a baby could eat but a very little at a time was balanced by the fact that it had a very small body to supply with nourishment, and that the rapid in-

crease of flesh and weight of most babies was unnatural and a great strain upon them. Accordingly he put his little girl upon three meals from her birth, and she thrived, and kept perfectly well and exceptionally happy and good up to the age of nine months, at which time the account of her was written. In a preface to a later edition the doctor mentions that he is beginning to pursue the same course with a second child, showing that the first baby, who was by that time three years old, had never given her father cause to think he had done a dangerous thing in bringing her up so peculiarly. The book also describes a young mother who, being in some isolated position away from other women, and obliged to depend upon her own ideas, supposed that three meals a day were the usual number for babies as well as adults, and nursed her baby according to that supposition, and with perfect success. The next baby, being born where she had the advice of others, she fed oftener, with the result of a much crosser baby.

Does it not seem as if the three-meal system might be worth trying? If all the babies mentioned kept remarkably well, may not the system be a good one? And, if good for the baby, how delightful also for the mother! For a woman with other duties and interests it is a very serious thing to be unable during a year or more to leave her baby for more than three hours; but if babies took but three meals a day, like their mothers, and could be left for a whole forenoon in case of emergency, the care of them would be very different, especially as such babies, according to Dr. Page, sleep through the night, and are particularly good and happy during the day. Babies like this, if they became common, would do much to lessen that wicked unwillingness to have children which is said to be the bane and disgrace of this country. That a baby can go a long time without food, and not suffer, I have seen proved in a little cousin of my own, whose wet-nurse was summoned to her own dying child, and was away the whole day, fully twelve hours. Her foster-child refused to be fed, and passed the whole day without either crying or fretting.

*Jamaica Plain, Mass.*

A. P. C.

#### A Protest against "High-Chair Theology."

*To the Editor of BABYHOOD:*

In your May issue you mention having received a long letter in which the writer takes exception to so high-toned a journal as *BABYHOOD* devoting its space to such items as are contained in "High-Chair Philosophy." I am a mother of young children and most thoroughly appreciate the usefulness of your magazine. It is very helpful to me, and I shall do all I can to get friends to take it as well; but at the risk of being as sharply rapped on the fingers as was the person who objects to "High-Chair Philosophy," I cannot help protesting, not against all that is contained in that department by any means, but against publishing the sayings of our little ones which have anything to do with the Bible or religion. My own little ones continually utter in funny childish language their ideas on religious subjects, but such "sweet prattle" seems too sacred for the whole world to joke and laugh about. It is only meant for the ears of those who love the little speakers. "Out of the mouths of babes and sucklings Thou hast ordained praise"; and the "sweet prattle" to God *is* praise, but to the public it is jest.

I and others who hold these views may be in the minority, and there may be a good deal in my English training which causes me to hold them.

But I would not erase the whole of "High-Chair Philosophy" from *BABYHOOD*. I think there is as much early genius shown and as many gleams of baby-fun upon secular subjects as upon religious ones; and I am one who can enjoy the nursery chit-chat of other homes as well as that of my own. I hope you will not think that I undervalue your useful paper. I expect shortly to be in England, and shall try to induce my acquaintances to take it regularly; and I am sure that if you felt able to follow out this simple suggestion it would conduce to the wider sale of *BABYHOOD* amongst my country-women.

*Hakodate, Japan.* AN ENGLISH MOTHER.

#### "A Test for a Husband's Chivalry."

I.

*To the Editor of BABYHOOD:*

However irrelevant "A Husband's Chivalry" may be to the topics usually under discussion in *BABYHOOD*, it involves a principle which makes so easy many problems in domestic management that one may be excused for enlarging upon it here. The question, as I understand it, is this: "Is that man cowardly and selfish who, in an hour of great danger, refuses to risk his life in behalf of the women present, his defence being that he has a family dependent upon him?" and my answer is, most emphatically, "No." Doubtless a coward would readily grasp at this excuse, yet that does not prove it an insufficient one. The principle which governs me in a good many questions of morals, and for which I claim no originality, is this: "Don't take out of the world more than you put in." The greatest good of the greatest number, the ultimate happiness and well-being of all mankind—that is what we are striving after; and it is not difficult to reduce some ethical puzzles to simple mathematics. Those actions are right which tend to promote this good. It is right for a man to work for others to an almost unlimited extent, to advance in every way the best interests of the world, to give up his own tastes and luxuries and enjoyments that the mass of men may share in still greater blessings—to give up his life, it may be, that the lives of many may be spared. But to give up one's health, one's strength, one's life, with no commensurate gain to the world, is absolutely wrong. The spectacle of a Buddha offering up his life to feed a hungry tiger and her cubs may be a pleasing one to the Oriental imagination; to us it is absurd. In such a case every man has the right of comparison, the



right to honestly say to himself : " My life is less worthy than this other ; let him live " ; or, " My life is not all my own ; I have no right to lay it down."

One could hardly respect a man who in an hour of peril should take an unfair advantage of his superior strength in the struggle for existence. In times of panic we call those cowards who madly rush and trample upon those weaker than themselves, whether men or women. Chivalry equalizes matters ; places first the weakest—the women and the children. The question is not only, " What would I have my husband do ? " but, " What would I have some other woman's husband do if I and my little ones were unprotected in some great danger ? " Surely not give up his life for mine, but give me all the kindly help that the true gentleman offers instinctively to all weaker than himself.

As for the practical application of this idea, instances occur daily. One woman starts with the excellent motto, " Don't say ' No ' to save trouble," and finds that her compliance with her children's whims is transforming them into formidable tyrants. Let them but understand, however—and it is a most intelligible and reasonable formula : " I will take much trouble to give you a great pleasure, but I can only take a little trouble for a little pleasure"—and the difficulty is at an end.

The theory may seem cold-blooded and selfish ; it is simple justice. Right doing being merely the choosing what is best for us and for our children, it ought to be the most natural thing in the world. What other claim can you make for your child's obedience than that you know best what is good for him ? The false sentiment which makes so many martyrs every year to fashion, to custom, to an often mistaken sense of duty, has no more beguiling form than this idea of self-sacrifice. Give yourself up for others, making large allowance for natural self-love, but be sure that you are not taking away more than you replace. The busy woman longing for rest, for change, for books and music and intelligent society, stifles all such thoughts as wrong and selfish, and patiently works on in the weary treadmill of cooking, mending, and sweeping, finding at last that, though many things she has gained, she has lost still more ; the balance is on the wrong side ; she has given too much.

There have been time and again instances of foolish heroism. Our hearts thrill at the tale, but our better judgment protests. Bravery does not lie in a single courageous act, and a man is

no coward who clings to his life for the sake of those he loves.

M. L.

*Massachusetts.*

## II.

*To the Editor of BABYHOOD:*

" S. C. E.'s " communication in the July number has greatly interested me, and, though I do not profess to be an " older " or " wiser " head, I would like to offer my opinion on the subject, which is simply this : that a man's first duty is to his wife and family under any circumstances, whether it lies in the preservation of his life, his means, or his reputation ; and he should guard one as he would the other for the sake of those whom he has vowed to protect. I do not think I am more partial to cowardice and unmanliness than " S. C. E.," but I do think there is often a truer courage than that which risks life or limb. Only a coward would push his way into a life-boat before helpless women and children, a manly man would take his chances with other men, but he could be this and still refuse to plunge into the sea to save another with the almost certain knowledge that both would be lost ; and it seems to me it would require far more real courage to bear the possible stigma of coward for the sake of principle than to " die in a noble cause."

A married man has no right to put anything before his wife and children ; he has taken great responsibilities upon himself, and his first duty is to them, his first thought should be for them, and through them for himself, while at the same time he has no right to take from any other his chance for life, health, or advancement of any kind. To my mind there is a wide difference between risking life for the possible benefit of another, and taking the best or only means of safety in danger while others more feeble perish.

I. W. M.

*York, Pa.*

## Baby's Lunch-Basket.

*To the Editor of BABYHOOD:*

What shall be put in Baby's lunch-basket is a question that often perplexes the young mother at the beginning of a long journey, especially by rail ; and when Baby is in his second summer it becomes a very important one. And this is the way in which it was practically answered by one who knew : First, a quart fruit-jar filled with farina porridge thick enough to be quite stiff when cold ; another with cooked cerealine, both being made with water only, as they would



be unfit to eat after the first day if cooked with milk. Then one or two cans of condensed milk of the Hollandia brand—preferred above all others as it is undoubtedly a pure milk from Holstein cows. Next, a large bottle filled with water that has been boiled, to use for diluting the milk, also for drinking—as Baby must not taste ice-water, nor any water whatever which has not been boiled. This bottle will need to be refilled daily, and one should insist on having it brought boiling hot in a pitcher, to make sure of its having been properly boiled. Mix the food a little at a time, as needed, with plenty of the condensed milk properly diluted. A paper of water-crackers, not sweetened and of the plainest kind, is often a convenience. With a lunch-basket so filled Baby may be sure of as simple and wholesome food as if he were at home, even though the journey be two or three days in length.

H. E. H.

*Hempstead, L. I.*

#### A Defence of Wet-Nurses.

*To the Editor of BABYHOOD :*

I wish to enter a plea for wet-nurses. Although many and manifold have been my trials and tribulations, I thoroughly believe in them. In twenty months I have had seven. When the first change became necessary, when my baby was six months old, from the nurse's milk giving out, I made it with fear and trembling, every one saying it would be very bad for the baby, and that it would be much better to wean him entirely. I had my own theory, however, on the matter, and persisted in having him nursed. Then my trials commenced. One nurse stayed twenty-four hours, long enough for us to find that she had no milk whatever. Another stayed three weeks; her milk came very hard, and the baby was obliged to use so much strength to get any milk that he was tired out completely. Then came one who stayed three months; she had an unprecedented flow of milk, excellent in quality as well, and the baby flourished, gaining a pound every week; but she was a married woman, and her husband came and insisted she should go and live with him again (he had deserted her before her baby was born). My baby was then nine months old, and was cutting his teeth, and it was May; so I did not dare wean him then, and got another who stayed with me three weeks, but she would drink and I could not keep her. I then got the one I have now, who has proved the best one of them all. My baby was ten months old then, and hers only

three—and, in fact, all through my changing, with the exception of the first nurse, their babies were months younger than mine, and I never saw that it made the slightest difference. He was nursed entirely till he was eighteen months old, and then, as he had his sixteen teeth, I began to wean him, breaking him off of only one meal at a time, beginning with a teaspoonful of strained oatmeal and milk at a time, and gradually increasing it till he would drink a pint at once. I do not believe in weaning a child all at once, and mine never knew when it was being done. Now, at twenty-two months, he eats three meals a day as other babies do, and is a fat, healthy baby, weighing thirty-three pounds, and I have never seen the slightest ill-effect from changing wet-nurses.

*Boston, Mass.*

#### The Father's Privileges.

*To the Editor of BABYHOOD :*

I know a husband and father who flatly refuses to be seen wheeling his baby out in its carriage, and it is as pretty a little blossom as ever unfolded itself in an unappreciative world. The father says he is not going to be any "Miss Nancy" or any "nurse-girl." And I know another man who makes it his boast that he never got up a night in his life with one of his five children. "If they get to screeching," he says, "I simply go off and sleep in another room." His pale-faced, heavy-eyed, tired-looking little wife bears silent testimony that what he says is true.

Now, the proudest hour in the lives of most young fathers is the one in which they make their *début* on the public streets, wheeling or, more blissful still, *carrying* the little bundle of dimity and nainsook and embroidery and white flannel in which there is swaddled their first-born. I know it was so in *my* case. I am six feet tall usually, but I was nine feet if I was an inch in height on the day I first stepped out with my infant son in my arms. And when his little carriage came home my wife and I actually "drew cuts" to determine which should have the bliss of wheeling him out first, and I felt pretty blue when the long straw fell to my wife.

When it came to getting up at an hour "when good men sleep," I confess that I wasn't quite so eager to do it, but I want it recorded to my credit that I never shirked even this trying duty. I have heated milk, and rinsed out bottles, and sat up for hours in the dead of night with a fretful baby, without losing one iota of my manhood and self-respect.

I do not think that a man's whole duty is

done when he simply provides food and raiment for his children. He is as responsible as the mother for his children's existence, and he ought to share in the care and toil and anxiety that come in the first months of their lives. He may have his business and other cares, but no true mother is ever free from her cares, and there is much truth and justice in the complaint of mothers who say: "If I have the care of Baby all day along with my other duties, you—the father—ought to be willing to help a little at night." The husband may need his rest, but there are mothers who are never rested.

*Boston, Mass.*

ZENAS DANE.

#### The Meals of Nursing Mothers.

*To the Editor of BABYHOOD :*

For the sake of those cases where mother and child do not thrive perfectly on the "six-meal-a-day" rule advocated by Dr. Edward L. Partridge for nursing diet, it seems right to give my experience.

I have five boys. With Nos. 1 and 2 I took three meals a day as usual; nothing between meals ever. With Nos. 3 and 4 I took the three meals, with the addition of the three extras recommended by Dr. Partridge—in my case in the shape of egg and milk beaten together. All these children did well, and I called myself well while nursing them; but I was in every case subject to discomforts and annoyances, two of which were more or less of what is called "nursing sore mouth," and the necessity of taking thirty dollars' worth of either "Sal Muscatel" or "Seltzer Aperient" while nursing a child for a year.

Between Nos. 4 and 5 we changed from three to two meals a day, and I have kept up the two-meal system, with nothing but water between meals, while nursing No. 5, with the best results to myself and to the child. Even while taking only gruel I required it only twice a day. Under this regimen I have been perfectly well; have been free from all discomforts, and took my usual place in the household much sooner than ever before. The baby is a perfect specimen of health and good behavior. He has had four meals in twenty-four hours since very young. He is a great improvement upon any of his brothers. S.

*Templeton, Mass.*

#### "Lady-Help" Well Employed.

*To the Editor of BABYHOOD :*

While it is very important to have some regular method in rearing children, it must always

be remembered that no one method will suffice for any given number of children. A rule that will work excellently for one child will not work at all for another. I have had seven children. Six of them were benefited by a daily bath. The seventh could not take a plunge-bath oftener than twice a week. One baby will take a daily nap three hours long; another will never sleep more than half-an hour at a time in the day-time, under the most favorable circumstances. It is necessary to carefully note the temperament of a child, and regulate the care accordingly. If this be true in regard to the creature comforts, how much more is it of the child's mental development! Children early show decided traits of character, and are at all times quick to observe and imitate. For this reason I firmly believe in "lady-help." I made my first trial in fear and trembling, but thinking I would balance some trouble by the greater good. My experience has been that an intelligent, educated woman is, as a rule, a woman of good sense, and more willing to do what is required of her than the average ignorant servant. I had one American girl seven years, and never had to "wait on her" or "call her up in the morning." Since then I have had a Nova Scotia girl of Scotch parentage, and found her very satisfactory. She was formerly a teacher.

Are my children perfect in consequence? By no means; but if I am away from home for a few hours, I know they will not go out in the wet without overshoes, that they will be called into the house if the wind turns east, that they will not be allowed to eat forbidden fruit, and that they are taught to use correct English. Of course such a nurse must be treated with respect. Children will never respect a person unless their parents respect her. She need not eat at the table with the family, as she is needed at that time to look after the little ones; but she should not be expected to eat in the kitchen. Her bedroom must of course be comfortably and prettily furnished, and she must feel that she is appreciated and that your home is her home. I have had no trouble in respect to a girl's "not knowing her place." Of course a mother must always supervise, no matter how intelligent a nurse she has. Rules can't do everything. I once advised a friend with a very fretful baby to try nursing him at regular intervals. The next time I called that woman woke her baby from a sound sleep to nurse him because it was the time specified!

C. B. M.

*Newtonville, Mass.*

## HIGH-CHAIR PHILOSOPHY.



**M**ITTIE, under four, has occupied himself since the Fourth of July by making "play torpedoes" of gravel and white paper. The other day his next-door playmate, Amy, age seven, appeared in her back-yard with her head covered with curl-papers. Mittie looked over the fence a minute, and, with an expression of mingled amazement, disgust, and terror, called out, "Amy! take those torpedoes out of your hair!"—*C. B., New York City.*

—One day as I sat in the street-cars with my little girl, five years old, I said: "Look, Carmen, at that old man sitting in the other end of the car; he looks just like Santa Claus, doesn't he?" She answered: "I think he looks like little Jack Horner." "Why do you think so, Carmen?" "'Causter he sits in a corner!"

My little man, three-and-a-half years old, looking out the window one day, exclaimed: "O mamma, I see such a pitty tail to 'e kite, en' 'e kite has a boy to it! Come and see."

There is a kind of rusk in Spain called *panquemado*—burnt bread—of which our little two-and-a-half-year-old son is very fond. One day he was trying to be naughty, and I said: "Carlitos, do you want a 'panky' 'panky'?" "No, I 'onts a *pankymado* only"—making a real pun upon the above-mentioned bread.—*M. M., Valencia, Spain.*

—It is the custom of our Helen to close her nightly "Now I lay me down to sleep," which she repeats with the utmost fervor, with a "God bless" for everybody and everything that she can think of at the time, naming the persons and things that are the objects of her invocation. On one occasion she remembered a mocking-bird, "Joe," and a canary, "Dan," and, that there might be no mistake, mentioned their individual peculiarities: "God bless Joe, he stands on one leg; and God bless Dan, he stands on two legs."

Her facility of expression is somewhat increased by her ability to coin words. Wishing to express the condition of seeing double, she said: "Things look *twoish*." And being unable, on one occasion, to hear my voice above the clatter of teams in the street, she said: "Papa, you speak so *unplain* I cannot understand what you are saying."

She has a great desire to have a little sister, which she has been told would cost \$25, and to that end she hoards the nickels and dimes that escape the peanut and candy man. A short time since she went with her mother to do some shopping. During the conversation in regard to goods and prices her ears caught the expression, "twenty-four dollars." "Why, mamma," said she, in a voice by no means below a whisper, "twenty-four dollars! It would cost only one dollar more to buy a baby!"—*G., New York, N. Y.*

—My little boy, aged three, stood by my side one morning as I peeled for him an orange. He watched the proceeding with interest awhile, then asked: "What makes the *smoke* come out of that orange?" I explained that it was the oil in the skin that he saw, and when he saw the same thing repeated the next morning he exclaimed: "O mamma! see the *kerosene* fly out of that orange."—*C. S. W., Arlington, Mass.*

—Little Clement when three years old was very observing. One day he was sitting in the library, and surprised his mother by remarking that the room was not correctly named, "For," said he, "the room we dine in is the dining-room, the room we sit in the most is the sitting-room, so the room that holds the books ought to be the booking-room."

"Papa," he asked at another time, "do you carve better than mamma?" "I suppose I do, my son, because I have had more practice." The next day, hearing his mother at the piano, he ran to her and asked: "Are you practising so that you can carve as well as papa?"

He thinks nothing is inexplicable. His mother on one occasion was complaining of the small size of the eggs. "I can tell why they are so small, mamma: Patrick is always chasing the hens, so that they don't have time to lay large eggs"—*M. A. H., Somerville, Mass.*

—Little Richard, four years old, was very fond of sipping cider from grandpa's mug. Aunt Jane tried to explain how harmful such things are for children. She said: "It will keep you from growing to be a big man like papa." Richard quickly answered: "Oh! just see what a big man grandpa is, just by drinking cider." It is needless to say that Aunt Jane was silenced.—*J. E., Somerville, Mass.*

—Jack and Myra had a good nurse, who taught them to say grace before meals. Jack was a little mischief, but on this special day was better than usual; he said his grace properly, and then the nurse turned to Myra, aged three, who was sitting in a pensive attitude. Without raising her head from her hand she said: "Please, God, make Jack a good boy."

Little Ella, aged two, had arrived at the dignity of saying "Our Father." Her mother at that time had the infliction of a very bad cook, and one day she was surprised to hear Ella add after "Give us this day our daily bread" these words, "*and bake it sweet*." A little brother of this child could never be persuaded to say "daily bread," but always prayed for "*gravy and bread*," that being his favorite dinner.

Mabel had a very tender heart, and when her mother sang to her the familiar cradle-song containing the words "Heavenly blessings without number gently falling on thy head," she cried out: "No, no, mamma, not 'gently falling on thy head'; sing 'Gently falling out of bed.'" It was the same little maiden who, when she could not remember what she was going to say, would remark: "I forgets all my plans."

Little Muriel, aged three, had never been out-of-doors after dark till one eventful evening. She came into the nursery calling out in great excitement: "O Annie! what do you think? The sun has forgotten to go to bed!" "No, no," answered her nurse, "the sun has gone to bed." "But indeed, Annie, it isn't a joke; come and see"; and taking her nurse by the hand, she led her out to where the moon was shining round and full.

She used to be allowed at family prayers, and was greatly delighted when she could repeat the Lord's Prayer. Beginning with the others, she said: "Our Father, who art," and interrupting herself with "I can say that, can't I, Annie?" she continued on: "Give us this day our daily bread, with butter and jam both."—*M. I. G., Boston.*



# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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WHEN it is considered how great is the field for employment of children's nurses who shall have had a special education in some of the more important features of their responsibilities, it is certainly surprising that a large number of schools for their training does not exist, and the article by Dr. Adams which we give this month on the subject will, it is to be hoped, serve an important purpose in awaking public interest in the matter. Why should not such a school be established? and if at all, why not immediately? It is often discouraging to see how long a time it takes for any such project, however meritorious, to develop. The existing training-schools for nurses (*i.e.*, nurses for the sick-room, making no claims of special capability in management of children) were, as generally happens, talked of for several years before any tangible starting-point was reached, and even then the pupils' classes during the first years were small, and of slow subsequent growth. But it would seem that the demand for the child's trained attendant must always be much greater than for the ordinary nurse for cases of sickness only, and the main question would then be whether the applicants for training would be forthcoming in case the school were established. In other words, it being merely a question of supply and demand, would there be enough of each to make such a project self-supporting? If once an affirmative answer could be assured there would be sufficient means forthcoming for the accomplishment of the object, among the public-spirited of almost any of our large cities.

Indeed we venture to say that no difficulty would be experienced in forming, through BABYHOOD'S pages, a nucleus among its readers for the purpose, on short notice. Of the large number of interesting communications which we reluctantly often cancel, on account of the impossibility of finding room for them, so many deal with the nurse-girl difficulty that there is no doubt of its being one of the "burning questions" of the time.

"How to administer cod-liver oil to infants" is the title of a paragraph going the rounds of the medical journals, in which the directions are to "let the nurse dip the end of her little finger in the oil and put it into the child's mouth"; this to be done five or six times in the twenty-four hours. The remedy here may not be worse than the disease, but the method of administration is, in our opinion, a good deal worse than the remedy. Unless a competent board of inspection of nurses' fingers were to give an hourly certificate as to the correct condition of the one to be used we should not care to have it placed in the mouth of a child for whom we were responsible, nor even in a bottle of good cod liver oil. Aside from this feature, however, the plan has much to recommend it. It is stated that, in such small quantities, not only does the oil never disagree, but the child takes it with evident pleasure, and that many very young infants who were absolutely starving for natural foods have been known to become fat and plump by its use in a surprisingly short time. The oil has the effect of enabling the child to digest



other food, which it could not retain on its stomach without it. We would suggest, in place of the finger, the use of a glass rod of one-fourth or three-eighths inch diameter (which may be had from druggists or glass-ware dealers), care being taken that the end is rounded, and free from any protuberances or sharp edges.

In speaking or reading to our little ones we often forget how necessary it is that our speech should be slow enough for them to catch every word, and how often the habit of fast talking may nullify all we are saying by the running of words together into a succession of syllables, which may be distinct enough but which by a child not familiar with every word are not understood in their correct divisions. To illustrate by a foreign phrase—since an unlearned language is to a child the same as that—take the words *verbatim et literatim*; these sound to a person unfamiliar with Latin simply as *verbatimetliteratim*, which may be, so far as he knows, *ver batimet liter atim*, or any of several other combinations of syllables. One of the commonest proofs of such a confusion of ideas is to be found in the odd words to which many hymns and songs are reduced by children, since in singing little attention is usually given to separating words clearly from each other. It almost always happens, too, that in story-reading, while the majority of words may be understood, there will be some which, by being thus run together, remain always a dark mystery to a child until, when he is able to read himself, the correct interpretation some day dawns before his eyes as a revelation. The little one deserves our sympathy most of all, however, in cases where he is punished for disobedience of some command which had been given him in such quick language that it was impossible for him to understand it, and where a stumbling attempt, in his childish way, to establish his innocence results in the additional charge of a falsehood to cover his shortcomings.

The evils of carelessness in the use of

nursing-bottles are again set forth in an account, sent us by a correspondent, of investigations recently instituted by the French Academy, the results being arrived at principally through the experiments of Dr. Masson, attending physician at the *crèche* of St. Louis d'Antin. The report says:

"It was found that the bottle, above all if used with an India-rubber tube, developed a microscopic fungus, which multiplied on reaching the stomach and soon caused death. The only safety lay in cleansing and rubbing every portion of the bottle after feeding, and allowing it all to lie in boiling water for a few moments; and, as the certainty of this treatment could seldom be had, Dr. Masson urged the managers of the *crèche* with which he was connected to abolish the bottle and give all food from a glass tumbler."

This corroborates the view heretofore expressed in these columns, that if there is any doubt as to the faithfulness with which the bottle is to be manipulated, the rubber tube should be abolished. Yet we often receive testimonies to the superiority of the tube plan in certain ways, and it is doubtless unobjectionable if only its *absolute* cleanliness, by personal charge of the mother or otherwise, is assured.

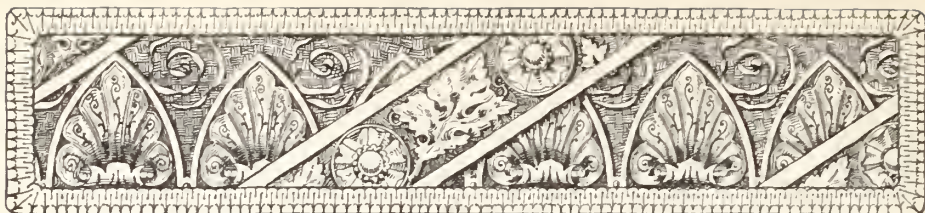
It would seem as if there was no particularly new gospel in the doctrine that one's baby is entitled to the best of care in every way, yet it is amusing to see what a revelation it often appears to be to a large class of indifferent parents when they are brought in contact with a mother wholly devoted to an infant or a family of little ones. The summer months have given unusual opportunities for noticing such cases, for where hotels and boarding-houses bring together numerous families, large and small, with and without nurses, various views—in a double sense—of the management of children are interchanged, generally with more or less advantage to all concerned; and it is, unfortunately, doubtless true that in very many such places the black sheep is the mother whose daily nursery cares take the place of tennis, boating, bathing, dancing, riding, and "having a good time" generally. Yet, however black she is (often even black enough to be a reader of *BABYHOOD*), it is curious to note that her ideas are privately

sought on this and that subject, and many a good "point," which she has evolved from her experience, from close attention and watchfulness, is handed around from one to another until the whole lump is leavened, and the party breaks up at the end of the season imbued with notions of the personal accountability of mothers which would not have been likely to spread in any other way. One practical illustration is worth a volume of theory, and the general appearance of a baby well cared for will usually attract the notice of those to whom studied care of their children is not customary.

It is a habit with readers of periodicals, about this time of the year, to decide on a list of such as they will subscribe to, and many of our contemporaries are reminding their audiences that they [*i.e.*, we] are altogether *the best* of the agricultural—or religious, or political, or literary, as the case may be—papers, and asking to be urged upon the attention of others as such. BABYHOOD, in falling into line, fortunately doesn't have to precipitate a conflict of its own blushing modesty with its business instincts; it is relieved of the necessity of drawing comparisons between itself and others of its class, simply for the reason that there are no others, and it asks those of its friends who believe in the gospel it is trying to preach to aid it in enlarging its subscription list. A similar suggestion one and two years ago met with a hearty response, and we venture to hope that among the thousands of new acquaintances which the magazine has made during the past year there will be many who will take sufficient interest in its purposes to recommend it to all who have use for it. We believe that those who have been readers from the first will bear testimony to the increased value which the current volume (which closes next month) has shown over the last, as did that over the preceding. With a constantly enlarging constituency, the journal cannot fail to improve from year to year, attracting, as it does, the best thoughts of so many men and women the world over, who study the many-

sided interests of the life of the nursery in its bearings on the present and the future. There has been a steady, and nearly uniform, increase in the circulation of the magazine from its first number, and the efforts of very many readers in its behalf have been made with no thought of remuneration; yet we urge it upon the attention of all that it is our wish that all such should participate in our standing offers of a *quid pro quo*. A copy of premium list, etc., is sent to any address on request, when not included in the advertising pages of the magazine.

Our "Kindergarten at Home" series advances this month to a stage that may lead some readers to fear it is too complicated to be followed further; but the remaining portions of it will be of a character much more easily mastered, and the present section looks far more difficult than in practice it will actually be to those who have been led up to it by the very gradual and easy progression which has preceded. When we remember the great practical value, in many ways, of even a little knowledge of the elements of geometry, and the facility with which a mind trained in it can deal with subjects related to the exact sciences which come more or less in almost every one's way at times, the value of this pleasant method of imparting a few of its principles at an early age will be appreciated. Of course it must be borne in mind that the series is not written for children, but for mothers; and the most that is attempted by it is the presentation of an outline for the instructor's guidance. Its adaptation is in every case a matter of individual judgment, dependent upon the personal influence and tact of the teacher and suited to the particular pupil in hand. To the many children inheriting a strong dislike to mathematics the kindergarten system is especially helpful, making what would otherwise be dead and dry to their minds of living active interest; while to those who find only delight in the study of figures it affords scope for a greater variety of pleasing employments sure to prove useful in after years.



## PRECOCIOUS CHILDREN.

BY C. L. DANA, A.M., M.D.,

*Professor of Nervous and Mental Diseases, New York Post-Graduate Medical School.*

ON a tombstone at a small town in England there may be seen the following curious epitaph:

"Stop, traveller, and wondering know that here buried lie the remains of Thomas, son of Thomas and Margaret Hale, who not one year old had the signs of manhood; at three was almost four feet high, endued with uncommon strength, a just proportion of parts, and a stupendous voice; before six he died, as it were at an advanced age."

Here was a boy who when only six years old died of old age, and he furnishes an excellent text for the subject of precocious children.

Precocity is not generally thought to be a very alarming symptom, and, so far as I can find, parents rarely bring their bright children to the physician to be treated for the smartness. It is the backward youngsters that we are expected to help, and this is unfortunately a much harder class with which to deal.

The question whether precocity is really a bad and unhelpful sign hangs much on the way the child is growing. If the body is sound and developing, each part in its right amount, precocity, however great and wonderful, is harmless. Perhaps I cannot do better, therefore, than to furnish some standards for proud mothers to go by. They are very dry accounts of how the baby should grow, and they are not figures, either, which are to be taken as giving the facts absolutely, but only the general average.

### **Average Increase in Weight and Length.**

At birth the weight is about 6 pounds, girls a half-pound less. The weight at the end of a year is about 20 pounds, and it should

then increase in a steady line at the rate of about 4 pounds a year until the age of twelve, when a child weighs not far from 60 pounds. The weight then increases rather more rapidly, and in the next two years is nearly 75 or 80 pounds.

The length of the new-born baby is about 20 inches. At the end of the year it should be 28 to 30 inches, at the third year 34 to 37 inches; or at one year 2 feet long, at three years 3 feet long; at the seventh year 44 to 48 inches; at the twelfth year 55 inches; and at the fourteenth year 59½ inches, or about 5 feet. The girl grows nearly as fast as the boy, but keeps slightly behind him in height, until at the sixteenth year the boy suddenly shoots ahead.

### **The Growth of the Head.**

The baby's head measures in its greatest circumference 13 to 14 inches. At the end of two years it measures 18 inches, at the seventh year 20½ inches, and when grown up 21⅞ inches.

The soft spot on the head known as the anterior fontanelle should close up entirely before the second year, and there should not be any furrows along where the bones unite.

The forehead should not be square and bulging, nor should the skull be very unsymmetrical or the face larger on one side than the other. The signs ordinarily known as those of rickets should be absent.

### **Development of Muscles.**

The head can be held up at the fourth month; the baby sits up by the sixth to

eighth month, stands towards the end of the first year, and walks at the beginning of the second year. A five-year-old child can lift about 20 pounds, and a boy is one-third stronger than a girl. The upper arm at the ninth year measures 6 to 7 inches, the calf of the leg about 8 to 9 inches; they increase in circumference yearly at the rate of two-fifths of an inch.

#### **The Teeth.**

The teeth should begin to appear at about the sixth month. The facts about teething, however, have often been given in *BABYHOOD*, and I need not go over them. Sometimes a baby is born with teeth. This was the case with King Louis XIV., and it was thought a good omen; but the king suffered from bad teeth all his life.

#### **The Growth of the Child's Mind.**

The child begins to make combined sounds at the third and fourth month. The intelligent application of names to things occurs in the latter part of the first year. Sentences are used in the second year, and loquacity begins in the third year. The girl talks sooner than the boy, and the first child talks later than subsequent ones because he has no companion to imitate.

The baby is deaf for the first two or three days. At about the fourth month it localizes sounds and turns its head to see the source. Children can hear high, shrill sounds inaudible to the adult.

A child can fix its eyes on a light in the third week, and will blink its eyes when a bright light is brought before it in the seventh week. It forms ideas from its visual sensations, and stretches out its arms for an object seen, by the end of the second month. It will recognize a person, showing memory, at the third month. Its memory extends to various persons and objects by the fourth or fifth month.

The baby has no doubt unpleasant feelings of a perfectly undefined kind at the beginning of life. It does not feel pain in the ordinary sense, however. A brainless child will cry. True crying, as the result of a de-

finite appreciation of pain, does not begin till toward the end of the first year. At this time signs of other emotions, such as obstinacy, anger, pleasure, and jealousy, are shown; and during the second year emotions of all kinds, intense but transitory and superficial, are developed.

Memory develops very rapidly in the third year, and after this year this faculty is so active that the impressions may be remembered to old age.

The power of reasoning, of putting two and two together and drawing an inference, is present in the third year, and rapidly develops according to the nature or education of the child.

Normally the child's emotions and perceptions are most active, its self-control and volitional power are very weak, and what passes for such is either passion or the dominance of a habit.

#### **What Constitutes Precocity?**

Precocious children are those who show some remarkable power of memory, as in learning lessons, or some remarkable aptitude, as for music, or some special manual skill. Or the perceptions are unusually acute; they observe more and talk more. Again, the mimetic instinct, which is very strong in children and a powerful help to their education, is exaggerated and developed very early.

#### **Undesirable Precocity.**

There are, in my opinion, only two kinds of precocity which are bad—that in which the reasoning and reflective powers are exercised too much, and that in which there is some extraordinary development of the memory. To this might be added a precocity of the sexual instinct and a too early development of puberty; but this takes us further along in childhood than *BABYHOOD* goes. The precocity shown in excessive alertness of mind and quickness of observation, or in mimetic skill or in some especial musical or artistic skill, provided the body is healthy, does not do harm or indicate an unhealthy organism. For all these things involve simply a greater quickening of the



powers natural to children. Nearly all great artists have been precocious.

#### **The Natural Order of Development.**

The child should learn to observe, to use its hands, its muscles, and its senses, before its memory, imagination, or reason is developed, for this is the natural order of events. Precocious thinkers, early bookworms, and children with remarkable memories, are liable to become commonplace or unable to deal with affairs when they reach maturity.

#### **The Influence of Surroundings and Associates.**

Precocity of a moderate degree depends much upon the child's teachings and surroundings. Bright children, who are constantly associated with adults alone, are made precocious simply by this fact.

Precocity is also the sign sometimes of a very nervous, mobile temperament, or of a rickety or consumptive taint. In these cases children should be taken from books, kept in the open air, and carefully watched and educated.

#### **Eminent Men who were Precocious Children.**

Precocity may, no doubt, be a sign of unusual talent or genius. I am not disposed to look disparagingly upon precocious children. "It is an envious frost which nips the blossoms because they appear quickly."

Almost all the men of genius in the world showed some unusual degree of mental development early in life. I have a list of over a hundred historical names, and in all there is a story of precocious youth. Many years ago a French writer wrote a whole treatise upon "Children Celebrated for their Studies and their Writings." He tells us that Eupolis had written seventeen comedies and gained seven prizes before he was seventeen; that Cicero was only thirteen when he wrote one of his celebrated orations; that Pliny wrote a Greek play when he was sixteen; Grotius wrote Latin poetry at eight; Bacon criticised Aristotle at sixteen; Avicenna knew the whole Koran at ten; Me-

lanchthon began his writings at thirteen; Thomas Hobbes wrote a Latin tragedy at eleven; Pope wrote his "Ode to Solitude" at ten; with many other illustrations of a similar kind.

#### **The Decrease of Precocity**

It is, in fact, a characteristic of the distinguished men of the past that they showed precocity of intellect to an extent not often noticed at the present day. The reason of this is that as civilization advances, individuals mature more slowly. This change is noticeable even in the past fifty years. Our children do not stand the tasks set before their grandfathers. Books have to be taken up later, and the full development of the faculties comes more slowly. Even the body seems to mature later, and twice in the present century the standard for French army recruits has had to be lowered. All this is at the bottom, perhaps, of the present complaints about our educational methods. We have been setting the tasks of our grandfathers before the more slowly-growing minds of our children.

#### **How to Deal with It.**

Very young children who develop a prodigious memory should be discouraged in the excessive exercise of it. It should be trained moderately only. Otherwise in many cases this faculty is lost or greatly weakened when maturity is reached, and the child is in a measure stranded. His wonderful memory goes, and his other faculties are found to be commonplace. Remarkable musical or artistic powers should be treated in the same way, neither neglected nor excessively cultivated; for it is not until after puberty that parents can be sure that the prodigy is a real one. Many persons who are remarkable in these lines are very weak intellectually. Imbecile children often show some remarkable artistic talent in some very narrow line, and in these cases, of course, the more made of it the better, since little can be made of any other endowment. Early scribbling, the writing of stories, and even poems, is comparatively harmless;

and, indeed, I have known the training received by a precocity in such things to be of service later in life.

It is, however, very difficult to lay down any rules for dealing with precocious children. The main things, I believe, are to see that the body is kept sound and healthful. Make the boy or girl a good animal. Then let his faculties be developed as near as

possible in the natural order, teaching all along that self-control, the development of the will-power, is the fundamental thing in education. If the brain is forced along in the right lines there is no harm in brain-forcing, and I have little patience with the "scare" which is nowadays being brought about over the dangers of too much study and too much education.



## THE SYSTEMATIC TRAINING OF NURSERY-MAIDS.

BY SAMUEL S. ADAMS, A.M., M.D.,

*Assistant Attending Physician of the Children's Hospital, Washington, D. C.*

THE field I propose is, so far as I am aware, a new one, but none the less wide and useful. It is that of organizing a training-school for nursery-maids, that portion of our home-guard which tests the patience of mothers during the periods of greatest sickness and mortality—infancy and early childhood.

That the management of children in general is wrong, unreasonable, and unnatural is evident to any one who will consider the disproportion there is between the physical and mental capacities of the present generations, and diligently seek the causes. We not infrequently meet in early life examples of unusual mental activity supported by a tottering physique, or in another case an early sacrifice of both mind and body. By excluding transmitted vices of constitution this impaired mental and physical condition is, in my opinion, largely due to bad nursing and bad habits contracted in early life. As a method for the correction of the evils consequent upon the mismanagement of chil-

dren, I now ask the consideration of the necessity for and desirability of the systematic training of nursery-maids.

### The Importance of Early Training.

In thus attempting to invade the sanctity of the nursery I trust that I may not be charged with trespass, as my sole object is to convince mothers of the importance of early training. My ideas on this subject are not those of a doctrinaire, but are the natural outgrowth of a decade's experience with children of different races and nationalities, and of various stations in life from the highest to the lowest. During this period the children that have passed under my care and observation have been in great part sick; but this has had but little weight in the formulation of my opinions. I feel that an experience of eleven years, much of it with children in public and private practice, will certainly justify me in offering a few suggestions to young mothers. It may be said that it is unfair to judge of the early training of

children from their manners, habits, and conduct while sick. I admit the force of this so far as the child is concerned; but when we witness the glaring defects of parental management which are so apparent in the sick-room, we are justified in the conclusion that the like management in health cannot be what it should be. For although the disposition of the child may be affected by disease, the management of a sick child is a good exhibition of parental government.

#### **Lack of Preparation for Maternal Cares.**

It is a sad commentary upon our boasted civilization that even educated women are not prepared for maternal cares, but are greatly dependent upon ignorant domestics for that knowledge of infantile responsibilities which should be learned in anticipation of maternity. There is a kind of modesty pervading the female mind which seems to prohibit all reference to motherly cares by intelligent advisers. This important duty has been too long left to uneducated women who are influenced by the examples and transmitted customs of their great-grandmothers, whose minds were warped by superstitious practices. Indeed, so sacred are some of these superstitions that any attempt to convince an "old granny" that her methods are wrong will engender a prejudice against you that will have its effect beyond the nursery.

Nursing is gradually becoming more conformable to reason and common sense, though nurses still retain many traditional prejudices, and, fancying that nature has endowed them with superior skill and wisdom, they often do much harm where they intended to do good. If there is such a liability of young mothers being influenced by ignorant nurses to accept crude, barbarous, and detrimental methods of nursery government, the importance of educating women for nursery-maids would seem to be manifest. It cannot be expected that a mother will properly superintend the mental and physical development of her offspring until she has studied the necessities of childhood, the characters of children,

and the consequences of good or bad management. It is in the nursery that many good and evil habits are formed. If the evils are overlooked they may possibly be corrected later in life at the cost of much suffering and trouble; but it is much easier to prevent bad habits than cure them, hence it would seem more profitable to sow good seed in the garden and not leave the soil barren, trusting to luck for good fruit. It is no less true that the laborer in the nursery should be capable of distinguishing between traits of character which should be developed and those which should be eradicated.

#### **The General Unfitness of Children's Nurses.**

The education and early habits of nurses, and their training for the duty they are expected to perform, are sadly deficient. It is necessary to have their services, therefore they should be trained for the work. In fact, we complain of their bad qualities and ignorance, but seldom use any means to correct them. I do not hope to eradicate this evil in the lower classes, but it can be modified by instructing the mind and appealing to the reason and the best feelings of human nature by means of example, precept, counsel, and sympathy. The gradual removal of these defects can best be accomplished by enlightening the understanding of those who are to have charge of the nursery.

It is a rule in all professions that a person must have a general knowledge of the work before he can perform it; but this is not so in the management of the nursery. We expect the watchmaker to understand the mechanism of a watch, the groom to be familiar with the peculiarities of the horse, the cook to be proficient in the mysteries of the kitchen, and the maid to know the latest style of dress-making, hair-dressing, and millinery; but we are willing to entrust the delicate mechanism of a child to one of whom rarely more is required than a good name, a little experience, an even temper, and a "recommendation" which is seldom investigated to see that it is genuine. When mothers are convinced that something more than these few attributes are es-

sential to a competent nursery-maid, we may hope to see the mental and physical health of our children improved.

All children require moral and physical treatment; and whether they be rich or poor, their physical being demands proper food, proper clothing, sleep, ventilation, and exercise, while their moral training requires example, discretion, and cultivated senses and faculties.

In the higher walks of life a radical reformation in nursery government cannot be expected as long as the social duties of parents are such that the care of their children is consigned to a supposed competent maid, hired to act as sponsor for their mental and physical growth, upon no other justification than a neat appearance and a good recommendation from some unknown last employer.

#### **The Duties of a Good Nurse.**

If I should ask a mother what she considered the duties of a good nurse to be, I venture to assert that she would reply: To wash the child, dress it, feed it, put it to bed, take it up again, take it out for an airing, and not let it fall out of her arms. Now, if she should ask me to define the duties of a nurse, I would say that she should be capable of giving proper attention to the bodily necessities of the child, and like attention to the necessities of its mind.

I do not pretend to have any novelties to offer either in theory or practice, but only desire to define what the duties of a nursery-maid are, and why they are her duties, and how she can best be instructed as to their performance. Her ignorance of the proper methods of nursing is a misfortune rather than a disgrace. She should have the opportunity of being taught such methods by qualified instructors.

#### **The Proposed Training-School.**

The successful operation of the Training-School for Sick-Nurses has demonstrated the advantages of skilled nursing in the sick room. It has seemed to me of quite as great importance to establish a "Training-School for Nursery-Maids." With the aid of the former we can undoubtedly man-

age disease better; with the aid of the latter we may fulfil the higher mission of preventing disease.

In an examination of the vast amount of literature in the U. S. Army Medical Library upon the nursing and management of children, I failed to find any reference to a training-school for nursery-maids, so that I may be the first to suggest such an institution. Its value will seem more plausible when we consider the natural method of instructing children which has been so successful in our public schools. The ease and rapidity with which children learn from object-teaching will astonish the most sceptical.

The school should embrace a corps of instructors, whose duty should be to lecture upon various subjects appertaining to the nursing and management of children. The requisites for admission should be a kindly, gentle disposition, a good moral character, a healthy constitution, a prescribed age, and a certain degree of education.

The pupils should be taught the dietary suitable for different ages, and when and how it should become more liberal; the various qualities of foods and the best methods of preparing them, and, generally, their qualities in regard to digestion and assimilation. Another important subject to be taught in such a school would be the proper clothing for children—a field in which there is ample room for reform. I hesitate to particularize, lest in disentangling the limbs of the children I find myself the object of maternal indignation for thus rashly invading the peculiar province of feminine talent.

A sleeping child is the picture of contentment. The bright smiles flitting across its face indicate the pleasant dreams of health. Sleep is its normal condition for most of its day and night, and if it does not sleep it is because it has been overfed, or is in a painful position, or has not had sufficient exercise, or is sick. The nursery-maids should be taught all this, and what the indications of the various causes of unsettled sleep are. They should further be taught not to walk or rock the child to sleep, and instructed in



the various methods of management in this regard.

They should be taught proper methods of open-air exercise for children; the effect of atmosphere, of exercise, of sufficient and insufficient clothing; the dangers and consequences of exposure, and the necessity for constant and unremitting care and prudence when out for the daily airing. A few lectures upon the anatomy and physiology of childhood would prove beneficial in preventing the numerous injuries incident to rough handling, and in saving the child from the many troubles which are frequently the results of the violation of physiological laws.

Another branch of instruction, and one of the most important, perhaps, should be in regard to the moral training of infants; for the influence of the nursery is great and very frequently continuous through life. The nurse should be instructed that the infant knows practically nothing until it has been

taught, and that the best means of teaching is by sight, hearing, taste, smell, and feeling. As children learn largely by imitation, it follows that a good example, good manners, and cleanly habits should be carefully taught as an important branch of the education of nursery-maids; and among things she should be taught not to do are the indulgence in deception, vulgar talk, ugly facial expressions, ungraceful attitudes, the use of "ghost stories" or thrilling narratives, and, in fact, the avoidance of all unseemly, indecorous, and improper language and conduct in the nursery. I have no doubt that many of my readers have seen the consequences of some or all of these.

Finally, to conclude this brief summary of what should be taught in the proposed school, I have left to the last what may be, perhaps, the most important—the necessity for studying the various peculiarities of disposition and character, and of moulding and modelling the child with reference to them.

## THE PROPER SHOE FOR LITTLE CHILDREN.

BY LEROY M. YALE, M.D.

SINCE *BABYHOOD* published its articles on the care of feet in children, numerous letters have come to the editor asking for particular directions about shoes for little children—as to material, and especially as to how and where properly-shaped shoes may be obtained. We should have been glad to have returned sooner to this matter, but other topics claimed precedence.

Many of these letters make the well-founded complaint that no shoes found in shops have anything more than a remote resemblance to the shape of a baby's foot. This is unfortunately true, for, with very few exceptions, manufactured shoes are designed—if, indeed, the shape of the natural foot is at all considered—upon an entirely erroneous idea of its construction and shape. As regards babies' shoes, the usual shapes found in shops suggest the thought that the maker

considered a baby's foot a shapeless mass of fat, and that almost any sort of leathern receptacle would hold it.

### The Natural Shape of the Foot.

Those of our readers who have the back numbers of *BABYHOOD* can easily refer to the above-mentioned articles, but it may be worth while to here restate a few facts concerning the natural shape of the foot.

First—The outer and the inner margins of the foot are by no means the same in contour. This is so rudimentary a truth that it would seem ridiculous to insist on it, were not the so-called "straight" shoes—as suitable, or unsuitable, for one foot as the other—constantly exposed for sale and often urged upon parents as economical.

Second—The posterior or back part of the foot is quite firm, with little motion between

its component parts, while the anterior or forward part is quite mobile. Notably is this last true of the toes; and the great toe, so far from pointing toward a centre line of the foot, points away from such a line in something the same way (but, of course, in a far less degree) as the thumb stands away from the open hand.

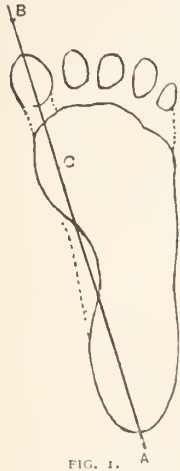


FIG. 1. A Third — The walking axis of the foot is not in its centre, but nearly parallel to the inner margin, passing through the middle of the heel, middle of great-toe joint, and middle of end of great toe. (See line A C B, Fig. 1.)

#### What Constitutes a Proper Foot-Covering.

Not to go farther than this into the structure of the foot, it follows that a proper foot-cover, if it is to be secured to the foot, should be fastened around that part that requires least motion to properly perform its function—namely, the posterior part; that, moreover, the anterior part of the shoe should be sufficiently ample to allow the full expansion of that part of the foot; and that, lastly, the shape of the sole should be such that this amplitude of the shoe is where the foot by nature seeks for room. This last rule is one of the most difficult to force upon the attention of shoe-manufacturers.

A shoe often has ample space in it, and if that space were rightly disposed all would be well; but as it is not, all is wrong. For instance, in Fig. 2 the solid line is a tracing of a sole sent us by a correspondent as the "best she could find in the Boston shops." The dotted line is an estimate (rather short on the outer side) of where the undistorted sole of a foot of the same length as that shoe would fall. Notice that at the heel there is ample room, and waste room, while at the toes there is more than enough space in front of the lesser toes, where it is not

needed, to handsomely accommodate the great toe if the space were where it should be.

The writer has made a good deal of inquiry and search after infants' shoes which were of proper shape, but in every instance the error just pointed out occurs in a greater or less degree. The amount of divergence from a proper shape varies, as does the squareness of the toe, but none have the shape of the foot. Many of them would be right enough for most adult feet which are themselves more or less divergent from the normal shape.\*

If proper shoes cannot be found, what is to be done?

#### Home-Made Moc-casins.

Now, while the child is very little the foot can be kept free from injurious pressure, at least for a part of the time, by the use of home-made shoes or moc-casins. The following details of the domestic manufacture of these foot-coverings are the results of actual experiments, and are given less as guides to be followed than as suggestions to ingenious mothers who may

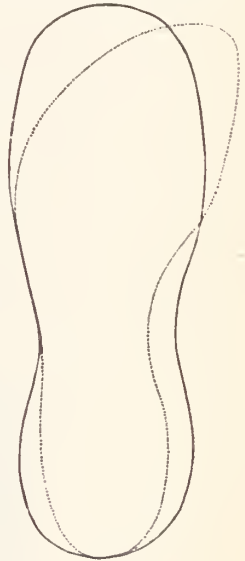


FIG. 2.

\* It is a singular fact that quite rational shoes are now manufactured for adults whose feet have already been so cramped that total recovery is impossible, while there are, so far as we know, none equally well shaped sold for babies or young children whose feet are growing and yet normal in shape. Since the above was written we have been seriously told by a salesman in a large shoe-shop, "Why, you know a baby's foot *has* no shape." Apparently no shape that could not be destroyed was meant, or possibly he thought a foot was "without form and void" until it had received the beneficent care of the shoemaker. It may be proper to mention that of the shoes sold in the shops that have come under the writer's observation, the patterns of two makers are better than that shown in Fig. 2. The shoes of Ennis, of Brooklyn, are somewhat better; and those made by Laird, Shober & Mitchell, of Philadelphia, and sold by Steigerwald, of Chestnut Street, seem to the writer the best-shaped trade shoes he has seen.

work out better patterns, in which case it is hoped that they will communicate their success to BABYHOOD.

#### Concerning Stockings.

Before speaking of shoes, however, a word should have been said concerning stockings. The pressure of a stocking is not so firm as that of a shoe, but the power of an elastic stocking is by its persistence very great, and unless the stocking or sock has a proper shape the benefit of a shoe of correct form may be lost. If the toes are pushed into the sharply conical end of a stocking, the former must inevitably be crowded together; they will override one another until they have accommodated themselves to their cramped surroundings. Begin, therefore, by having Baby's socks long and narrowed off, not on both sides alike, but from the outer side inward. Before the child is "short-coated" it needs no shoes or outer socks at all, and the stocking may be continued full width to the end, and there finished off square. When, however, a shoe is to be worn, the shape of



FIG. 3.

the anterior part of the stocking-foot must be made with reference to that of the shoe. There is no town so small that it does not contain some one who can knit well, even if Baby's mother cannot. But to return to the shoes.

#### A Child's First Shoes.

Fig. 3 represents a shoe made for a child when first put into "short clothes." It was

made thus: The sole of the child's foot was well greased with vaseline and then applied to a clean piece of blotting-paper, which absorbed the vaseline and showed by its changed color the precise shape of the foot (Fig. 4). Around this imprint a line was drawn having a margin widest in front of the toes. This outline is that of the sole of the proposed shoe. Except in front, this margin may be very slight or practically none, because the upper part of the shoe, being crocheted or knitted, is elastic, and can easily be drawn down to the sole for binding. The blotting-paper, being cut out along the outline, serves as a pattern. Having procured some stout white sheepskin (or colored if preferred), the paper pattern is placed upon it and the soles cut out, opposite surfaces of

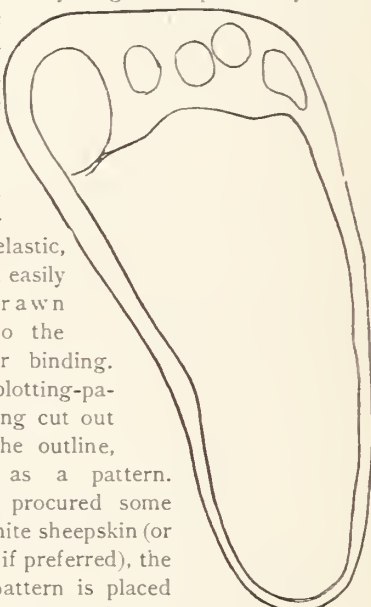


FIG. 4.—LIFE-SIZE.

the pattern being laid down to make the two soles, which are to be unmistakably "rights and lefts." The upper in the particular shoe here figured was crocheted "close" and then bound to the sole, which was lined with flannel, with a binding of the same color as the material. If it is knitted with a loose stitch the opening in front for lacing need not be made, but the whole drawn on like a stocking and secured around the ankle by a soft cord of the knitting material.

The chief objection to this kind of shoe is that, the upper being very flexible, an active baby is likely in its gymnastics to kick the shoes off of its heels, much as it does its stockings, and they do not long stay snugly in place.

**The Objection to the Moccasin.**

The moccasin is a comfortable foot covering sometimes recommended as an escape from hard and unsuitable shoes. If correctly shaped it is very satisfactory ; if it is not it is



FIG. 5.

quite otherwise. Among the real Indians the shape is often quite like that of the human foot. The variety sold around watering-places has yielded to the pressure of civilized environment, and is of a shape more suitable for a wall watch-pocket than for its original purpose. When well shaped the moccasin is, as already said, a very comfortable foot-gear, and for that reason, made of leather, it has come

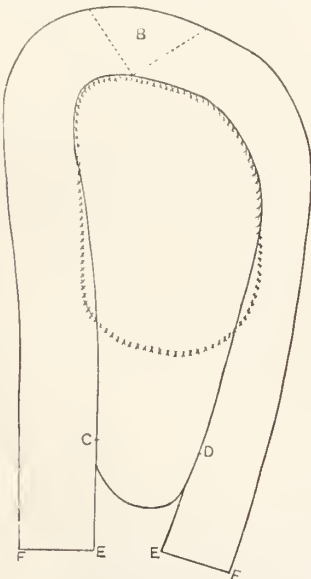


FIG. 6.

considerably into use among sportsmen. Fig. 5 represents one of that kind. It will be noticed that the lower part of the upper leather is of the same piece as the sole, which saves a seam at a place exposed to wet and

to wear. The other pieces are a front-piece, or tongue, and an ankle-piece. It will also be observed that ample room in height is allowed for the toes, which can play easily in the front part of a well constructed moccasin. It is not difficult to make a moccasin from chamois leather or from the stouter deer-skin, which latter is generally used by the native Indians.

One can be thus made : Take the imprint of the child's foot, as before, and make a tracing to represent a sole, giving plenty of length (Fig. 4). Taking this outline as a sole-pattern, make a second outline outside of it (Fig. 6), which shall be that of the bottom piece of the moccasin. Rather more margin is needed on the inner than on the outer side, as the foot is higher there. The tail-like pieces are so cut as being the most convenient method of closing in the heel, the tails being turned up, stitched to the curved end of the sole, C to D, and the ends E E, F F, stitched together. The toe part is puckered in usually with deeply-pressed creases, so that its upper edge may be in position to fit the front-piece, or tongue, as seen in Fig. 5.



FIG. 7.

The line x x x in Fig. 6 shows the shape of this front-piece. The dotted lines at the toe show the triangle B, which, in very stiff material, must sometimes be cut out to accomplish the puckering. If it must be taken out it should be placed as in drawing, so that the seam made by stitching the cut edges shall fall in the interval between the first and second toes, as being least likely to chafe the skin if so placed. It will be better if all seams are turned out rather than in. When the moccasin has thus far been made it is practically a low slipper. The sides are not turned up as high as in the leather moccasin (Fig. 5), and for a young child it is not



necessary that the ankle-piece should be as high. Fig. 7 shows the shape of ankle-piece. It is stitched with a lap-seam to the turned-up part of the sole, and can be laced up in front, or a thong of the same material as the shoe may be run in and out of holes in the ankle-piece, surrounding the ankle and tying in front. The latter way is probably the most secure, as it draws the ankle-piece snugly to the ankle. The Indians sometimes have a long thong fastened near the junction of the sole and ankle pieces behind, and pass it twice or thrice around the ankle before tying.

Of course such a moccasin may be decorated with needlework to any extent that the maker fancies, but that is aside from the purpose of this article. If any one dislikes a pointed toe or a square toe, the shape of the sole of any home-made foot-gear may be varied to suit taste, provided always that its outline shall never encroach upon that of the foot in its normal state. The changes may be made in front of the toes, but should never be made at the sides of the toes in a way to crowd them together.



## “MOTHER IS NERVOUS TO-DAY.”

BY MRS. J. H. WALWORTH.

“GO away, child, and amuse yourself; mother is nervous to-day.”

Perhaps mother was present last night at the late supper indulged in by the theatre-party she enjoyed so much, or she has been called upon to settle some domestic difficulty in the kitchen cabinet, or a tiresome discussion about bills and expenditure has ruffled the placid tenor of her way. There's no end of things calculated to disturb adult nerves. It is only the baby-system, with its responsive chords and untrained sympathies, that is expected to bear the disturbing shock of the unusual and give no sign.

It is nurse's Sunday afternoon out, and the house is so big and empty and still! If he had been a grown man, “like papa,” he could have put on his tall silk hat and taken his gold-headed cane and gone somewhere to get rid of other people's nerves and his own *ennui*, or, if he had been just a little bigger he might have aspired to the privilege of being taken along with the tall hat

and the gorgeous cane, which symbolize manhood to him, and clung ecstatically to one grown-up finger while he put his small legs on their mettle to keep up with a full-grown stride; but he is only a tiny mite in short skirts and abbreviated socks, and father “can't be bothered with him.”

He “must amuse himself.” What a stupendous undertaking! He would like above all things to romp with the corpulent pug that lies curled up in the silk-lined basket at the foot of mother's sofa. His small, undisciplined soul craves living companionship. But over-feeding does not conduce to hilarity, and pug's snarling protest against undue familiarity augments mother's nervousness. There is a bright-colored whip, with a silver-mounted whistle cut into its ivory handle, hanging out there on the hall-rack. It would compensate for a great deal “just to sit and blow it easy,” but “it is Sunday, and mother is nervous to-day.” He “can look out of the window

and see the carriages and the people go by." That is safe and noiseless, but it does not seem to appeal to his fancy very seductively.

There's no end of toys. But the puzzle pieces *won't* fit into each other, and the Noah's ark elephants *won't* stand up, and everything *will* go wrong that long Sunday afternoon that stretches out for ever. If babies had nerves he might take it out in crying, but nerves are things that come with the years, and then mother declares, drowsily, "Men don't cry."

There are the windows as the last resource. It looks lively out there on the Avenue. People are at their best in their Sunday clothes and their rest-day smiles. There's a lot of boys out there playing tag, with the lamp-post right in front of the big, empty house for a base of operations. They are not very nice-looking boys. They are just the sort of looking boys that nurse would pull him away from very vigorously if their ragged jackets came too near his embroidered petticoats when she had him in charge. But they look happy and they are laughing. He wants to laugh and be happy too. The big front door yields reluctantly to the stealthy touch of a tiny hand, and he alights among the tag-playing gamins like a bird-of-paradise among a lot of barn-yard fowls. They receive him into democratic comradeship. With an agitating sense of guilt fluttering his baby pulses, he joins in the rough sport. Conscience, ever on the alert to protect the undefiled, whispers that he "ought to have asked mamma." But

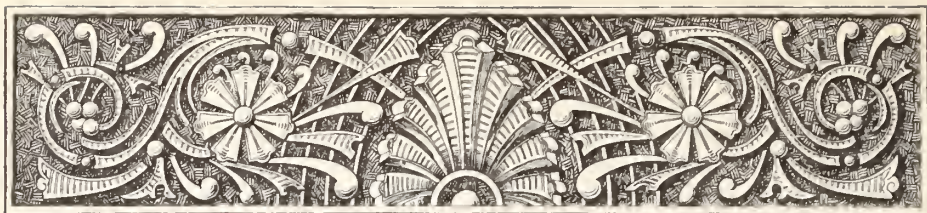
mother is nervous to-day, and one of humanity's earliest lessons is to "avoid repulses."

It is prime fun, careering up and down the broad pavement with these hatless, shoeless, curb stone revellers. Babyhood is democratic; it is not given to nice discriminations. It is prime fun until his inadequate legs prove treacherous, and his inexperienced feet land him head-foremost in the gutter, from which his comrades fish him out a soiled and frightened culprit, with all the joy extinguished in his eyes.

It is not of the bedraggled sash or the torn petticoats he is thinking as he climbs slowly back up the stone steps. It is of the wrath to come. But his plebeian comrades stand by him. They are schooled in subterfuges, adepts in lying. They manufacture his first lie for him, and it comforts him to "know what to say." Such a flimsy little lie, that slips so clumsily off the unskilled tongue, and receives such prompt contradiction from the truth-telling eyes that nobody is imposed on. But it is baby's first lie—the very hardest of all lies to tell. Before he stole stealthily out from the loneliness that could not be endured any longer his soul was as white as the snowy skirts that met defilement in the gutter. The skirts can be bleached; the stain of the lie is indelible.

Who shall say that it was not the mother's hand that sowed the seed of that first lie, when she forgot the imperative demand of the baby-soul for loving sympathy and remembered only her own—nerves?





## BABY'S NOSE.

BY J. M. W. KITCHEN, M D., NEW YORK CITY.

IT is not a very conspicuous organ at the time of arrival of the little stranger in this cold, hard world. Many an anxious parent has suffered untold pangs on this account, fearing that the child was malformed, or, at best, would be pug-nosed for life. It would be comforting for such anxious hearts if they could know that the infant's nose at birth is a very undeveloped organ. Not only are the parts entering into its formation undeveloped as to size and shape, for some of the bones do not become fully ossified—*i.e.*, hardened into bone—until after fifteen years of age, but its functional abilities are also not all developed. The shape of the nose changes with advancing age, as well as the size, which becomes relatively larger in comparison with the other features.

### What is the Nose for?

The functions or acts of the nose are: 1st, To convey air to the lungs. 2d, To self-cleanse its passages. 3d, To enable the individual to judge of the suitability of the atmosphere for respiratory purposes. 4th, To moisten and warm the inspired air. 5th, To give information, in a degree, as to the nature of food; the perception of odors is only an incidental of this function. 6th, To act as a resounding cavity in producing certain voice-effects. Some of these functions are of slight importance to the young infant, only becoming developed with advancing age and mental powers; but some are of the first importance to the child from birth.

### Wrong Habits of Breathing.

The natural manner of breathing is through the nose, and if a baby does not breathe in

that manner something is wrong. A habit of breathing through the mouth is sure to result in injury, the throat and other air-passages becoming irritated by the air breathed, which, if it had passed through the nose, would have been modified and deprived of injurious qualities. Furthermore, the habitual "mouth-breather" develops a very silly, characteristic expression and shape of the features. It is very important that the baby should breathe through its nose, and it will do so if that organ and the throat are in a healthy condition.

### Pure Air for Breathing.

Ordinarily the nose will be in good health if the child's general condition is good, and it is given pure air to breathe of moderate temperature and degrees of moisture. Atmospheric extremes should be avoided. Exposure to very cold, damp, windy atmospheric influences is not desirable; but close confinement in impure, very dry, highly-heated rooms is much worse. If the body is only kept sufficiently warm, and the air of the dwelling is dry, the nearer its temperature can be kept to that of the outer air the better will be the effect on the baby's nasal mucous membrane. Owing to the practical difficulty of keeping sufficiently warm, it is convenient for us to have our houses in winter much warmer than the outdoor atmosphere; but great care should be taken to avoid unnecessary high temperatures in the house, and, as a safeguard against ill-health, to inure the baby to variations of temperature by regular out-of-door life for some part of the day, during ordinarily favorable weather, at all seasons. The breathing of cold, *dry* air is not injurious even to



quite small infants. If the baby is to be kept in-doors, let it be during the heat of a hot summer day rather than in winter. There are very few days during the winter in which at least a few minutes' sojourn out-of-doors twice in each day would not be beneficial. On very stormy days the child may be wrapped up and taken for a time in a room with the windows opened wide. As a rule Baby's sleeping apartment should not be heated above 60° Fahrenheit during the winter, care being always taken to insure warmth by sufficient covering. All the rooms occupied by Baby should be well ventilated. I regard an open fire as an indispensable necessity to the well-being of Baby's nose. In winter it is the best known means for providing warmth for the body, and at the same time affording pure, cool air for breathing.

#### **Obstructions in the Nose.**

The most usual obstruction in the nose, preventing free breathing by the infant, is accumulation of the natural excretions. Under favorable conditions the nose is a self-cleanser. The dust deposited in the nose, mixed with the dried matters exuded and cast off from the mucous membrane lining the nasal cavities, is carried out by the natural action of the membrane and is deposited on the inner surface of the flexible wings of the nose, where its presence in accumulated masses acts as an irritant, causing Baby to sneeze and thus expel the effete matter. If very dusty and very dry air is breathed the child may need some outside aid to clear the passages. Indeed, such aid is often desirable as a means of affording comfort to, and preventing restlessness in, the infant, especially during sleeping hours. A few drops of warm water may be dropped into the nose to soften the accumulations and to induce sneezing; or the child's head may be firmly held, and a very delicate "invisible" or lace hair-pin may be used gently to remove the obstructing matters. Great care should be taken not to roughly scrape or otherwise injure the delicate lining membrane of the nose.

#### **Inflammation, or "Taking Cold."**

The next most frequent cause of stoppage of the nasal passages is inflammatory swelling of the nasal mucous membrane and the presence of excessive secretion. This is usually due to "taking cold," though it is often caused by the indirect irritation of the teething process. In the latter case the stoppage and "running of the nose" is generally on one side—the side on which a tooth may be erupting. Sometimes a "running" of one nasal cavity is caused by the child having put a button, bean, or other small object into the cavity and then forgetting the fact, or being too young to relate the circumstance. An ordinary "cold in the head" will subside in a few days without further treatment than keeping the child quietly in a moderately warm and even temperature. A small quantity of sub-nitrate of bismuth blown into the nose acts beneficially in such cases. The running of the secretions over the upper lip is irritating to the baby's delicate skin, and the parts should be frequently gently cleansed and protected by lubricating the lips with vaseline or simple cerate. A little vaseline inside the nose also is soothing as the cold is "drying up." If the running continues over ten days it would be advisable to consult a competent physician. Frequently a catarrhal condition in a child is due to hereditary constitutional disease.

#### **Malformation.**

Very frequently a hereditary or congenital malformation of the interior of the nasal cavities may be a cause. If a marked malformation exists in the nose, it will surely be a cause of catarrhal trouble later in life. The specialist frequently meets such cases, and is usually successful in correcting them after the child is sufficiently grown to be under some moral control. Most of these cases of malformation in the nasal cavities are due to blows on the nose received during infancy and childhood. There seems to be a common idea prevalent that it does no particular injury to a baby or child to fall. This is erroneous. Great care should be



taken to prevent babies from falling on their noses—an accident to which they are very liable when learning to creep, and before they can walk or run well. A little attention in preventing falls may save a lifetime of nasal trouble.

#### Enlarged Tonsils.

Enlarged tonsils are so frequently the cause of inability to breathe through the

nose that mention of the fact should be made in this connection. In the vast majority of cases the best treatment for enlarged tonsils is to remove them. This can be done appropriately even in small infants. I have never known of a case that was not benefited by the operation. Sometimes obstruction of the baby's nose prevents it from suckling, and then feeding with a spoon is necessary to prevent starvation.

### THE INFLUENCE OF THE MILK OF WET-NURSES.

IN the present issue appear a number of communications concerning wet-nurses. The question of wet-nursing is one involving many doubts, and cannot be solved off-hand in any given case. The points to be decided are: Is the mother's milk really unsuitable or insufficient? If so, what is the best attainable substitute? There is no doubt that really good breast-milk is the best. But the question comes, Will this or that available nurse furnish such milk? Is her health good, and is she sufficiently docile as to diet and regimen to keep her milk good? These surely are questions sufficiently important to tax the discrimination of parent and physician. Without discussing the subject in all its bearings, we shall for the present allude to one or two points raised by our correspondents.

First as to the objections to unmarried wet-nurses. As a matter of fact many single nurses claim to be married, because of the fear of rejection if they tell the truth. Nothing can be more repugnant to one's instincts than to trust the dear child, whose natural nourishment has failed, to the care of a woman whose very fitness for the task is evidence of her unchastity. Yet we should consider, before deciding, some concomitant circumstances. If a woman bred in this country amid strict, not to say puritanical, surroundings, were to offer herself, when unmarried, as a wet-nurse, we should be well justified in assuming lightness and irresponsibility of character in her case. But if

the applicant were born and bred in, or but one generation removed from, those countries in which exacting laws practically forbid legal marriage to the poor, or if she were a native of a country where, among the lower classes, marriage is considered to begin with the engagement, and the legal marriage ceremony is celebrated when enough money has been earned by the couple to establish their housekeeping upon a firm basis, such an assumption would not be fair. In these people unchastity does not presuppose the same laxity of principle as among us, and the chances of vicious character are correspondingly less. This, however, is a question of ethics rather than physiology, and therefore rather aside from our field.

Another, however, quite within our domain, is that of the transmission of moral qualities from wet-nurse to child. There are anxieties enough in taking the child from the mother's breast without calling in this terrible one, which, after all, has practically no proven basis. The assumption is this, that the milk of the wet-nurse transmits her bad qualities to the nursling. We say bad qualities, for we have never heard any suggestion that the nurse's good qualities could be transmitted, and we have heard the objection raised moreover by mothers whose characters were far less deserving of admiration than that of the despised nurse. It is very hard for any of us to believe that any evil can be in us or in ours, and if it plainly appears we look for extraneous causes. The

same tendency that now puts the blame upon the wet-nurse formerly put it upon the witch or the fairy, and the unfortunate child of uncommonly vicious temper and striking peculiarities was esteemed a changeling.

Now, the facts are these: We have no proof that food alters mental or moral character. Improper food may destroy health, and impaired health develop peevishness or similar faults. But that food directly changes character there is no proof. But it is urged that breast-milk is a peculiar food and has peculiar influences. Where is the evidence? Do children suckled by their own mothers, moreover, resemble them oftener than the fathers? Is there any recognizable mental or moral distinction between suckled and artificially fed children? Is a child that is nursed twelve months different in these points from the child nursed six or eight? In every family children of the same parents, suckled at the same breasts, fed on the same food, manifest extraordinary variations of character. Some of their characteristics may be, or seem to be, different from those of the parents, and hence they are thought to be abnormal; for, as Mr. Beecher once said, "We are apt to consider that if the father is *a*, and the mother *b*, the children must all be *ab*, forgetting all the atavisms and ancestral peculiarities that may assert themselves." If, then, this variation of character happens to occur in a family of children who have not all suckled the same breast, and the disagreeable peculiarities of the wet-nursed child by chance resemble those of the nurse, it is deemed a clear case of transmission.

A wet-nurse of bad habits may communicate these to an infant precisely as any attendant may, but not in any other way. Contagious disease she may communicate. If her milk is poor or scanty she may impair its health. All of these things we must always look after. But it is not worth while to take additional anxiety concerning moral

transmission, for, we repeat, there is no good evidence that such transmission occurs.

But while we believe that it is idle to worry about the transmission of mental or moral peculiarities we think that too much care cannot be exercised in the physical examination of the wet-nurse. Under no circumstances should one be accepted without a rigid examination by a careful medical man. There are few offices he is called to perform that are as unwelcome to the physician, because of the care necessary to ferret out ailments which are hidden through ignorance or design. He seeks usually first of all for the most dreaded malady, syphilis, which the nurse may have contracted ignorantly and through no fault of her own. Then for evidences of consumption, scrofula, or any tuberculous manifestation. Then for any disease which may be communicable or may impair the general strength of the nurse. He distinguishes between the variations from health which are due to disease and those which are the result of poverty, squalor, and want of cleanliness, as all the latter quickly disappear in the comfortable home of her employer. In addition, he examines the condition of the breasts and endeavors to estimate their power of secretion. He examines the teeth, as their good condition is essential to good digestion, and endeavors also to find out all he may regarding the digestion, as upon it depends the quality of the milk the nurse can furnish. Many more questions are considered, but these will suggest the fatiguing detail of such an examination. If, after such a scrutiny, a physician whom the parents trust pronounces the candidate not only free from disease but likely to furnish good and plentiful milk, they may accept her with the feeling that they have done their best to supply what the mother's breast could not, and they will do well to dismiss any anxieties that rest mainly, if not solely, upon an imaginary basis.



## BABY'S WARDROBE.

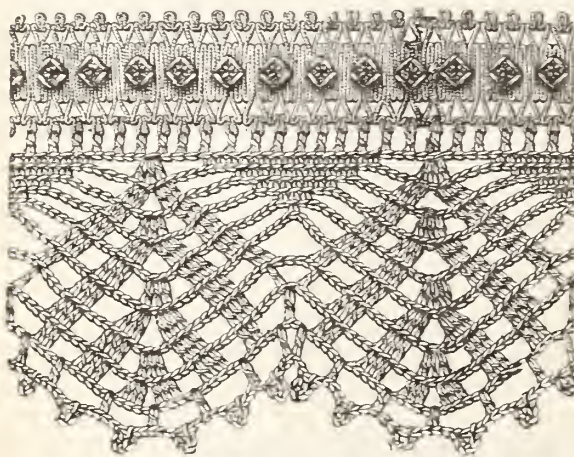
## Dress for Little Girls.

THE "Gretchen" style, which bids fair to remain popular for a long time to come, and whose quaintness is so becoming to our little maids, serves as a model for the dress we illustrate. It is



DRESS FOR LITTLE GIRLS.

made of pale blue or pink cashmere, a comfortable material for early fall weather, and trimmed with white lace at the bottom of the skirt—which is one and three-fourths yards wide—at the wrists, collar, and down each side of the front in the manner shown in the picture. Loops of satin or velvet ribbon, dark blue on the blue, garnet on the pink, serve as a decoration at the shoulder and waist. The dress closes in the back by means of small buttons to match the cashmere. A handmade lace, knitted or crocheted, such as many mothers have in their store, the re-



CROCHETED LACE FOR DRESS.

sult of many a summer afternoon's piazza work, may be employed for the trimming. We illustrate a suitable pattern, crocheted on braid, in this is-

sue. The manner of working is so clearly represented that detailed description is unnecessary.

## Improved Method of Buttoning Night-Dress Bottoms.

APROPOS of an article in BABYHOOD on suitable night-clothing for children, I would like



FIG. 1.

to describe my method of covering our little two-year-old. She is an extremely warm-blooded child, and, in spite of all my efforts to keep her uniformly covered at night, I invariably find her in the morning with her long night-dress rolled up under her arms and the rest of her body entirely bare. I have tried every one of the various methods prescribed, but find some objection to each one. Pinning the bottom of the night-dress with safety-pins is inconvenient when she has to be taken up in the night; buttoning the bottom of the dress together does not work well, as her little feet always pry through the openings between the buttons, exposing the legs; the "bag" method is no better, as I cannot draw a full night-dress up tight enough to keep the restless feet from working through. The night-

pants recommended I do not like, as they necessitate her sleeping on buttons.

But, after much pondering, the following



method suggested itself, to which I can find no objection: I cut the back of the night-dress several inches longer than the front, lap it up over, and button on (Fig. 1). For the upper

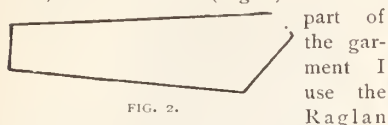


FIG. 2.

sleeve, which gives perfect freedom of movement. The sleeve is made with but one seam, the upper part being cut on a fold of the goods, its shape being as shown in Fig. 2. The dotted line is gathered and forms a part of the neck. It is set in at the arms' eyes with a small gusset. By making the garment very long and full I have a thoroughly comfortable and complete covering. H. D. B.

*LANCASTER, N. H.*

### Wash-Cloth.

To avoid the fuzziness and general unpleasantness of the bought wash-cloth, the best way is to make one at home, for which the following directions are given. The wash-cloth is crocheted in a new stitch as shown in the accompanying illustration. Of coarse white cotton crochet a chain of 54 stitches; then work a row of picots as follows: 3 chains; one tight stitch back into the first chain; one tight stitch into the third chain of the first row, and so on. In the second and all following rows begin with three chains, work one picot, and then one tight stitch, gathering into the latter the third chain

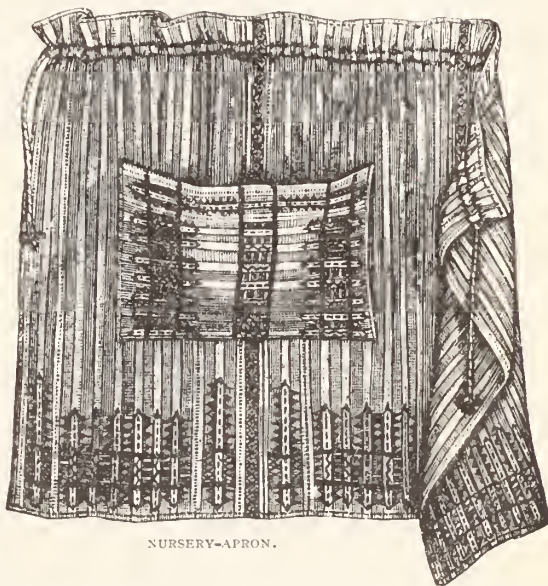


STITCH FOR WASH-CLOTH.

in the first and the second in the next following picot, as indicated by the arrow in the figure. When a perfect square is thus constructed edge all around by a row of picots in colored, washable cotton and sew on a hanger at one corner.

### A Novel Nursery-Apron.

THREE towels are the materials requisite for the construction of this large and comfortable apron, which completely envelops the dress.



NURSERY-APRON.

The towels are sewed together with overhand stitches and the seams decorated with fancy stitches of colored cottons, or a fancy braid stitched on. The apron is thirty-six inches long, finished off top and bottom with a narrow hem, and provided at the back, about an inch from the top, with a casing, through which a cord is drawn to fasten around the waist. The pocket, made from what is cut off at the top of the towels, is twelve inches high and eighteen and one-half inches wide, and is put on about eight and one-half inches apart from the casing at the top. It forms a handy receptacle for all sorts of odds and ends, and can be easily pushed to one side when raising Baby on the lap, so that its contents will not incommode the little one.

### Simple Stocking-Supporters.

AFTER trying many kinds of stocking-supporters, I find the following simplest and best. Take two pieces of rubber tape, each one inch wide and a quarter of a yard long, and four medium safety-pins; pin one end to the waist, and over the other pin the stocking; if full at the top, make a little fold where it is pinned. There are no buttons, button-holes, or buckles to keep in order, and the whole length between stock-



ing and waist being rubber, it "gives" much more than when half is tape. Safety-pins are sometimes lost, but with care they will last until worn out.

E. D. S.

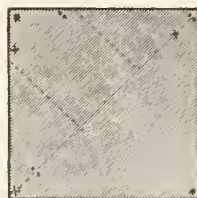
#### Cap of Folded Handkerchief.

How convenient it sometimes is if the mother's skilful fingers can deftly fold a snug, close

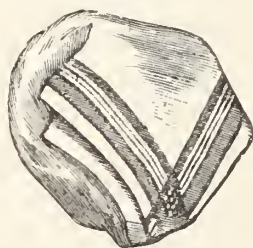


cap for the little one from papa's handkerchief and fasten securely in shape by the few safety-pins she has always by her. Let her study the di-

rections from accompanying diagram and illustrations, and she will soon become mistress of this useful accomplishment. First fold the



handkerchief over at the diagonal line into triangular form; then lay the two acute-angled corners over each other (according to the signs



indicated in the diagram) as far as the size of the head requires; pin securely, and tuck the hanging ends under at the back. Then will the little tired head rest at ease in mamma's arms.

## NURSERY PROBLEMS.

### Injury to the Breast.

To the Editor of *BABYHOOD* :

Dr. W. Thornton Parker says in the August *BABYHOOD* :

"Where accidents have happened and one breast has been injured by inflammation or abscess, the other breast can still be used, if only part of the time."

In my case all but one part of one breast was injured, and only one part of the second, by abscesses. Is there any hope for me? I had no blessed *BABYHOOD* before my children were born, and, owing to ignorance on my part and criminal neglect on the part of my first nurse, I had a severe chill, followed by abscesses in both breasts—or what is commonly called a "milk-leg"—and inflammation of the ovary. When I grew strong again my milk came back, but I was advised to dry it up for fear of having the same troubles again. Consequently the little one died at eighteen weeks. When I was confined the second time the flow of milk was as abundant as at first, and we tried to nurse the baby. The glands that had no outlet became so inflamed that we gave it up. We have tried it once since then, with the

same result. Whether it could be done if physician and nurse were willing to take the trouble I do not know. I had given up all hope, and almost concluded that a mother who could not nurse her children had no right to bear them, when the sentence quoted gave me new courage. I say, Amen! to Clara W. Robinson's article. If I had had such training I believe I should have four children alive to-day instead of two.

U.  
*West Concord, N. H.*

Dr. Parker's position we believe to be sound, and our judgment is based on many cases observed by us and others in which, after most diffuse suppuration of the breasts, they have, after another delivery, or even after a rest of some weeks or months, done their duty well.

In regard to your own case we can only speak in a general way. An injured breast can, after recovery, work for so much as it is worth—that is, the good tissue secretes. If it is insufficient the child must have additional nutriment. There

are many breasts which from peculiarity of the woman do not secrete milk abundantly or of good quality for many weeks. Such persons are obliged to partly or wholly feed their children on artificial food as soon as the breast fails. So we would say to you: if you bear another child, nurse as much and as long (within proper limits) as you can, and supplement with other food if you must. But remember that to-day the best artificial food is quite as safe as a poor quality of human milk.

### Breaking the "Walking Habit."

To the Editor of BABYHOOD :

My baby having been sick, we very foolishly began walking with him for a few days, but long enough to make him cry violently to be moving about. As he is getting stronger, will it hurt him to let him cry until the bad habit of walking is broken? He is a year old and teething. T. P.

*Bellevue, Fla.*

It will probably not hurt him to let him cry. If there is anything peculiar in the nature of his illness which makes it wrong to govern him, ask the opinion of the physician who attended him.

### Paralysis of the Leg and Foot.

To the Editor of BABYHOOD :

Several of your replies to inquirers lead me to think perhaps you could give me more light than I have about my girl's foot and limb. Last fall, when about twenty months old, having run alone since ten months old, and seemingly in perfect health at the time, she slid from bed one morning with a cry of pain as she touched the floor, and could not walk, falling every few steps. No injury could be seen and there was no pain in handling her. We applied some remedies, wrapping in flannel. The next day she could walk farther, but the left knee seemed drawn. The doctor did not seem to know what ailed her, but put on a plaster-of-paris bandage.

When it came off she could walk without falling. My friends have remarked a "hitch" in her walk, but not till this spring did I know that the poor little leg and foot had not grown at all below the knee, or but little. The doctor advised rubbing and syrup of hypophosphites, and said there was paralysis. It is no better yet. She is well and strong every other way. C. E. B.

*What Cheer, Iowa.*

The account given of the child's illness or injury is not sufficiently full to enable us to form a judgment as to the kind of paralysis that exists at present. We cannot, therefore, express an opinion as to the probability of recovery nor as to the treatment proper for it. But this much is clear, such a case should not be neglected. In the larger cities of your State—Davenport, for instance—excellent medical advice can be obtained, and you can gain pretty definite information as to the prospects of your child's case and what you ought to do or have done.

### Diluting Milk—Hours of Feeding—Perspiration while Eating—Cutting Finger-Nails.

To the Editor of BABYHOOD :

(1) Will you please state in your excellent magazine why you recommend diluting milk with water for babies' food? My physician ordered clear milk for our baby-boy. I have used it since he was three months' old, and now at seven months he is apparently a strong, healthy baby. I have used the sugar of milk for sweetening. He takes very near a quart of milk per day.

(2) He is fed once in four hours, and four times a day, as he goes to bed between five and six P.M., and sleeps soundly until five A.M. Does he go too long without feeding? He keeps well, is good-tempered, and, in fact, seems in excellent health and spirits, being particularly good-natured. He cut two teeth when five months old.

(3) Since reading your article upon "Perspiring Babies" I have wondered if I have any cause to feel anxious. Our baby sweats about the head and shoulders when asleep, when it is at all warm, and also when feeding the sweat rolls off his face. Should this cause anxiety?

(4) Do you advise cutting finger-nails of a baby so young? I have cut our baby's, and it seemed to harden them. UHLMA.

(1) There are few children under a year who can digest pure cow's milk. The reason it is diluted is this: Pure cow's milk contains of casein (the nitrogenous and cheese-making part) a much larger percentage than does human milk. By diluting with water the percentage is brought near to what it should be. But in the dilution we have also diluted the sugar-strength, which is high in breast-milk, and hence we add milk-sugar to replace it. For the same reason we add cream, or use only top-milk, which contains an undue proportion of cream, to keep up the proper cream percentage.

(2) He is fed often enough. The long night's sleep is very useful to him.

(3) If he only perspires in hot weather or when drinking warm liquids it probably means nothing. But you do well to watch.

(4) There are many superstitions about cutting Baby's nails. We know of no reason why they should not be trimmed as often as they become long enough to scratch himself or others, or to break at the edge.

### Marks of Carbolic-Acid Burns.

To the Editor of BABYHOOD :

Can you tell me whether red spots, without any soreness or apparent irritation, left on the face of a child by being accidentally burned with carbolic acid, will ever entirely disappear, and the best method of treating them? O. O.

*Elyria, O.*

The burns of carbolic acid are usually superficial, doing little injury to the true skin. If these are such the marks will probably entirely

disappear. Even if they should have gone deeper the color will disappear eventually, the marks becoming white. We do not believe that any time is gained by applications if the burns are already healed.

### Coated Tongue - Peculiarity of Teeth.

To the Editor of BABYHOOD :

(1) My two little girls have always been very healthy children, neither having had even the common eruptions or rashes incidental to infancy ; but the elder, three years and a half old, has always had a white-coated tongue, except at very rare intervals. She is the picture of fair, robust, rosy childhood, perfectly sound in every way apparently. Can you account for this seemingly incongruous case ? I sometimes feel anxious about it, as such a tongue is usually regarded as indicating a disordered stomach ; but this cannot be so, as I am and always have been, even before I had the pleasure of being acquainted with BABYHOOD, particular as to food, regular hours and habits, clothing, etc., which are such as I think you would approve.

(2) My baby, nearly two years old, is also perfectly well. Her little tongue is as red and smooth as possible, but she has several small spots, depressions, somewhat discolored, on the face of the front upper two teeth. This peculiarity exists in her father's family, the front teeth of several of the members being short, strong, and healthy, but not perfectly white, and having these discolored depressions, about the size of a small pin-head. Can anything be done to prevent the second set from appearing the same way ? She has had eighteen teeth for six or eight months past. E. B. H.

St. John, N. B.

(1) We cannot, of course, tell why the child's tongue is white. It is noticeable in some children and adults without any corresponding symptoms of stomach disorder. And we have noticed that some persons when using a milk diet, even if with pleasure and apparent benefit, have a slight whitish coat or coloration upon the tongue. If you can find no other evidence of ill-health we think you may safely disregard the symptom.

(2) The peculiarity of the teeth is also well known. We recall families where it is found in parents and children, having existed from childhood in the parent. Now, whether the peculiarity is a hereditary one in the strict sense, or whether some nutritional peculiarity that has caused it in two generations is the heredity, or whether it is simply due to some traditional (and in one sense hereditary) method of feeding, we cannot determine. We incline to the second supposition. The fact of their existence in the primary teeth does not determine their reappearance in the second set. We know of nothing except general good hygiene that will do any good. Keep the child as well as possible, and wait.

### Cleaning Infants' Caps.

To the Editor of BABYHOOD :

Can you give me the address of some establishment to which I can send little muslin baby-caps to be done up ? Three other mothers are waiting as eagerly as I for the information. Caps costing a dollar or seventy-five cents are almost useless when done up in an ordinary country place, and of course it is much too expensive to replace soiled caps with new ones. M. G. R.

Geneva, N. Y.

This class of work is undertaken by the Staten Island Fancy Dyeing Establishment, 5 John St., this city, who clean and launder the caps without ripping. Prices range from 20 to 35 cents each.

### Ripe Water-Melon.

To the Editor of BABYHOOD :

What do you think of giving, with care, to a child of twenty-eight months ripe water-melon fresh from the garden ? The child has his full set of first teeth, and is in perfect health, and, since he appears to crave melon more than any other one article of diet, it is hard to deny him. I do not find it mentioned in Dr. Holt's article of March.

Dighton, Kans.

CONSTANT READER.

A child with a full set of teeth might digest fresh and fully ripe water-melon "given with care." The teeth, of course, are not needed for eating the melon, but the possession of a full set suggests a certain degree of maturity of the digestive organs. It should, however, be always given as above stated, both fully ripe and very fresh and moderately cool, and its effect watched before repetition, because of individual peculiarities about the digestion of apparently harmless articles.

### Round Shoulders.

To the Editor of BABYHOOD :

My little girl, four years of age, is forty inches tall and weighs thirty-three pounds—a gain of three-and-a-half inches and four pounds for the last year. She has always been tall and slender, and from the time she began to walk we noticed a tendency to round shoulders—a tendency which has slowly developed until it is now quite marked. Her father's family, with the exception of her father himself and one brother, are all very markedly round-shouldered, one case of it in the family amounting to deformity. I have tried, long and patiently, speaking to the child and reminding her to hold herself straight, but she never remembers more than two seconds at a time, and my efforts result in flat failure. I wish to know if I should put braces on her this fall, and, if not, should I do so at a later time ? What sort of braces, and where shall I get them ?

She has always been delicate until the last six or eight months ; and though not what one could call a very robust child, seems perfectly well, has a fair appetite for plain, wholesome food, an excellent digestion, is regular in her habits, and sleeps soundly and well from ten to eleven-and-one-half hours out of the twenty-four.

St. Louis, Mo.

L. H. H.

First make sure that near-sight has nothing to



do with the tendency to stoop, although in so young a child it is not so likely to be the cause as in one who has begun to use books. Speaking to a child rarely, if ever, does any good in this complaint. The stoop is not the result of desire or of indolence; it is usually due to some feebleness of the back-muscles, which may indeed be hereditary, as you seem to suppose it to be in this case. The cure is general strengthening of the child, gymnastic exercise of the muscles of the back and shoulders, which you can get at a calisthenic class. The use of braces depends upon the degree of stoop in the shoulders; if it is great, or if the exercises do not diminish it, the braces are worth trying. For directions as to the kind needed you should consult one of the best surgeons in your city.

**Dandruff—Crying-Spells—Too Young for the Chair.**  
*To the Editor of BABYHOOD:*

(1) My little girl, three months old, has a sort of scaly dandruff on her head. I have washed her head every morning, but it seems to have no effect on it. Would it hurt her to comb it off with a fine comb a little at a time, or what would you recommend?

(2) She has quite hard crying-spells before going

to sleep. Is there any danger of rupture in letting her cry? She seems, aside from this, a well baby; only small, weighing eleven and one-half pounds at three months.

(3) Is she too young to begin to use the stool-chair, and how can I teach her?  
*J. E. Somerville, Mass.*

(1) It is better not to use the comb, but instead to work off the dandruff with vaseline.

(2) Probably not, unless there is some tendency to rupture.

(3) At three months she is too young to sit upon a chair, but she can be taught to use a vessel. Small vessels, like chamber-vessels, are sold in the shops, and one of these can be so held that the child will use it after a little coaxing.

**Brass Cribs.**

*To the Editor of BABYHOOD:*

Please tell me if there are any objections to brass cribs for children.  
*C. M. Hartford, Conn.*

We know of none, unless the child has the habit of biting and sucking everything within reach; the habitual sucking of the brass rods might prove harmful.



THE KINDERGARTEN AT HOME.—XIII.

BY GRACE C. KEMPTON.

THE SEVENTH GIFT—CONTINUED.

WE must realize the value which Froebel places upon the guided self-activity of the child. We must learn what a care-taking, loving work this guiding should be, and, like

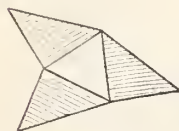


FIG. 1.



FIG. 2.

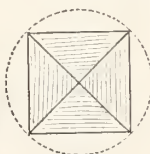


FIG. 3.

Froebel, make Nature our model, tracing all life back to the essential laws which he has taught us how to discover and follow. When we have learned to follow Nature, we have, as Froebel had, an inexhaustible guide always be-

fore us. If we thoughtfully follow this guide our work with our children must be thorough and healthful, each step growing out of the last

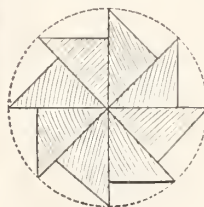


FIG. 4.

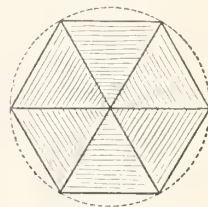


FIG. 5.

and leading to the next as surely as acorn to sprouting oak.

There are no shocks, twistings, or forcings in the growth of a bird or flower. Shall we have them in the growth of our child? Again, do



we not have many such every day? Are we not too often tempted to push or repress where Nature tells us to lead? Froebel says that "education, instruction, and teaching should in the first characteristics necessarily be passive, watchfully, protectively following," and that ample field should be given for the exercise of *all* the child's powers. How excellently he has illustrated

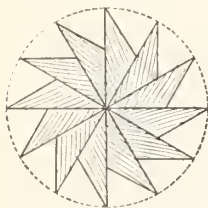


FIG. 6.

his own doctrines in the selection and arrangement of his materials we see as we progress into acquaintance with each Gift and occupation.

Each step is connected with its predecessor and with its successor by simi-

larity and by contrast. The Second Gift is developed from the First, the Third from the Second, and so proceeding through the solids; while in the planes we have been considering there is the same order in progression.

We have in this Seventh Gift seen how the square tablets were diagonally divided, giving us the right-angled triangle. The child discovers an equilateral triangle in space by placing three right-

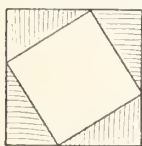


FIG. 7.

angled triangles so that they touch by their short edges only (Fig. 1); to discover the right-angled scalene triangle we bisect an equilateral from apex to base (Fig. 2). The three "corners" or angles show the child that he has still a triangle to work with, though quite a different one because of its un-

equal edges and angles. The right angle he should by this time be quite familiar with, and he will also recognize that the other two angles are "sharp" or acute angles, and that one is sharper than the other. Each new triangle must be examined with the preceding ones, the angles compared and their differences noticed.

Little by little the child is introduced to more thorough acquaintance with them, and may become familiar with the relation of each to a circle.

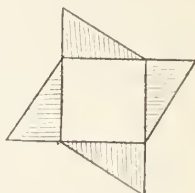


FIG. 8.

Let him see of how many right-angled triangles (Fig. 3) the foundation of a circle may be made; of how

many right-angled triangles (Fig. 4) with the acute angles in the centre; of how many (Fig. 5) equilateral triangles; of how many obtuse-angled triangles (Fig. 6).

He is in these exercises becoming acquainted with the angles of  $30^\circ$ ,  $45^\circ$ ,  $90^\circ$ ,  $60^\circ$ , although he does not know them technically as

such. He knows them practically, and can form the basis of a circle to use in designing with each kind.

With the scalene triangle new designs are possible and new demonstrations of simple geometrical truths.

Carry the observation and exercises with one

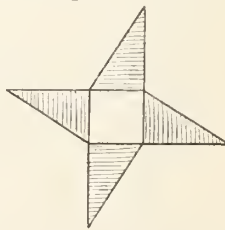


FIG. 9.

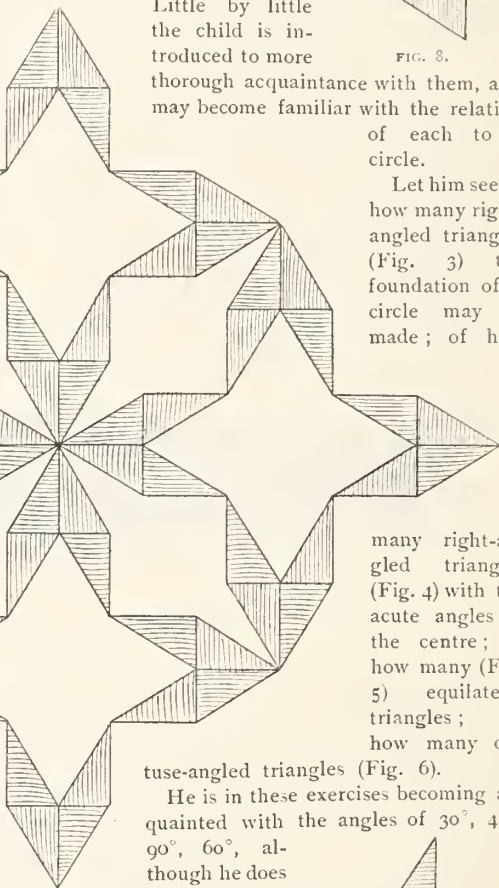


FIG. 10.

triangle as far as possible without tedium to the child. Remember how slowly, how gently he should be led into *knowing*; how closely allied must be the doing of all the things he learns to know. Do not fear to cultivate his concentra-

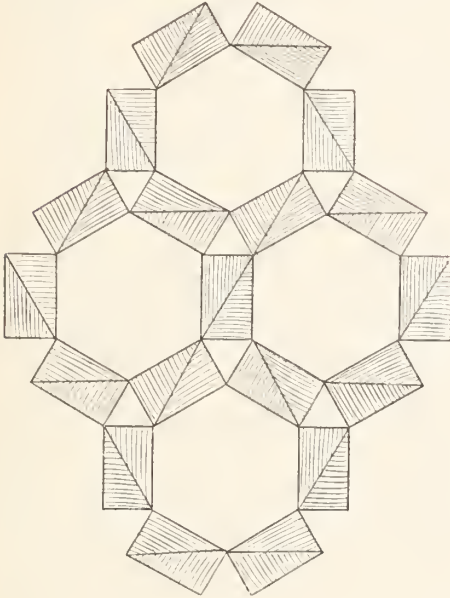


FIG. 11.

tion as he advances. What is there more concentrating than play?

Let him compare the edges of this triangle with each other and with the triangles previously used. When he is quite familiar with one scalene triangle give him two; let him investigate their relative possibilities. Of two he makes an oblong, an equilateral triangle, a kite form (trapezium), a rhomboid, and an obtuse-angled triangle. Of four he makes a rhombus, a rhombus in space, an hour-glass, etc.

He may place the four touching by their sharpest angles, the four touching by their right angles, the four touching by the larger

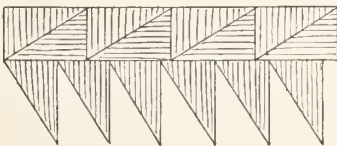


FIG. 12.

of their sharp angles. The fact that the three angles of the scalene are different gives the pupil new difficulties, but also new pleasures. The

child may form three different hollow squares with four scalene triangles (Figs. 7, 8, 9).

Of six triangles make a star which encloses a hollow hexagon. Of eight a four-pointed star enclosing a hollow square; also an eight-pointed star enclosing an octagon in space. Of eight triangles make four trapeziums which may form the centre of a design by being placed touching by their sharpest corners. Around this central figure four more triangles may be moved, then eight, ever forming new figures; each step leading forward to others which it suggests.

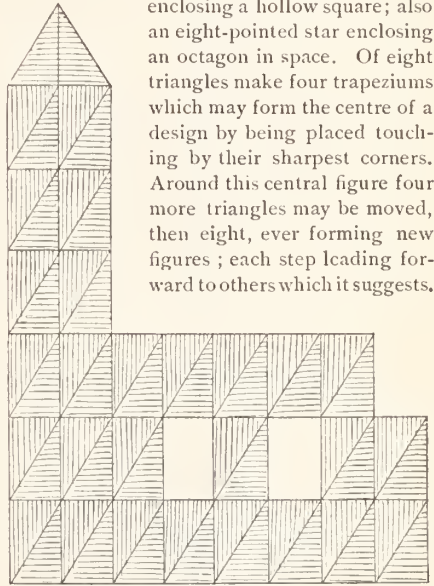


FIG. 13.

After a figure is laid examine to see if it be perfectly true. Let the child, with a pencil or other pointer, start at the centre of the figure, and,

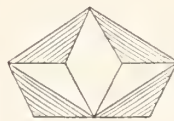


FIG. 14.

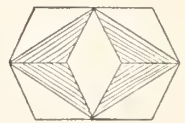


FIG. 15.

pretending to journey around its inner edges, name each angle as he meets it. Then trace the outer edge in the same manner. Each of the elements referred to may be used in combination for designs.

Figs. 10 and 11 are seen to be combinations of the arrow-head and oblong.

Although it is certainly better to employ in

our exercises the scalene triangle in general use (its sharpest angle of  $30^\circ$ ), it is useful to let the child know those of other sizes. The oblong of

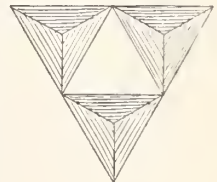


FIG. 16.

two squares may be divided into scalene triangles, and the child may demonstrate that one of these

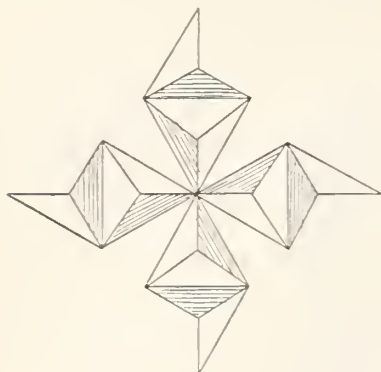


FIG. 17.

triangles equals one square. This comparison of equal quantities in various forms is excellent

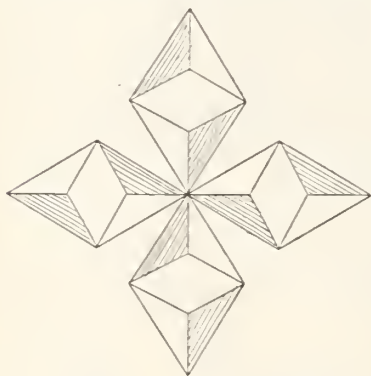


FIG. 18.

mental discipline and often of great practical use.

The illustrations of saw (Fig. 12) and church (Fig. 13) show two of the many forms of life which may be laid.

Uniting the scalene triangles by their bases, we find the obtuse-angled triangle, repeating with it all

that we have been over with the other three triangles, and noting every difference caused by its varying angles and edges.

Madame Kraus-Boelte gives some very pretty problems to be solved with this triangle; we quote three of them, illustrated by Figures 14, 15, 16.

Fig. 14.—“Of six triangles make a five-sided form enclosing the space of a rhombus.”

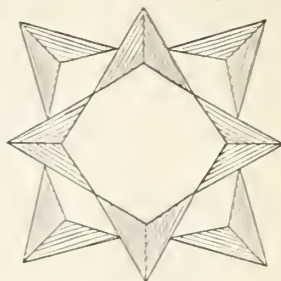


FIG. 20.

Fig. 15.—“Of eight triangles make a six-sided form enclosing the space of a rhombus.”

Fig. 16.—“Of nine triangles make one large equilateral triangle, joining always three into one equilateral triangle, and leaving the space of an equilateral triangle in the middle.”

Figs. 17, 18, 19, and 20 illustrate a series of designs in arrow-heads, while Figs. 21 and 22 give two forms of life showing how this triangle may be used in the construction of curves and circles.

#### OCCUPATIONS.

The designs made with the Seventh Gift may be perpetuated in surface through the gummed papers of the “Parquetry.” The work with these papers is very attractive to little children, and well calculated to develop their hands and skill in work. The papers must be nicely and accurately placed, then pressed firmly on.

Through the embroidery the forms may be preserved in outline, and may serve as suggestions for quite elaborate design-

ing. A card pricked for the design of Fig. 21, and sewed neatly in delicate colors, gives a very pretty effect. Pretty cards may be made to illustrate the relation of the triangles to the circle, sewing the triangles in one color, the circle in another.



FIG. 22.

The outlines can also be drawn to great advantage.

Through these occupations the child is cultivating his eye and learning how to blend and arrange colors to make the prettiest results, to do neat, accurate work and to appreciate other artistic work when he sees it.

When a design is well finished he has the pleasure of giving it—his own handiwork—to mamma or papa, which is a gentle, elevating influence, and enough alone to repay the efforts made toward its accomplishment.

## THE MOTHERS' PARLIAMENT.

### "The Moral Objections to Wet-Nurses."

#### I.

*To the Editor of BABYHOOD.*

The strictures of "N. N." in the August number upon wet-nurses seem to me to be hardly just. She implies that the majority of them are unmarried and that *all* are immoral. Now, I am positive that she is mistaken in this view of the case. There may be, of course, many of them who have never been married, but I have never heard of one before. I have lived several years each in the cities of New York and Brooklyn, and have known many ladies who employed wet-nurses in preference to being obliged to resort to "bottle-feeding" for their babies. In every case that has come to my knowledge the wet-nurses employed were respectable married women who had lost their own babes, and, being in straitened circumstances, were glad and thankful to be able to earn the high wages offered. I remember, some years ago, answering an advertisement in the *New York Times* which called for "a strong, healthy young woman, with a fresh breast of milk, who will undertake to wet-nurse a babe two weeks old whose mother has just died." The person in whose name I wrote asked me to do her the favor, as she did not exactly know how to frame her answer. She had lost her own babe when a few days old, and, being able to undertake the nursing, felt anxious to help towards the payment of her physician's fees, which had been enormous. Her husband's earnings as a journeyman shoemaker were barely sufficient to pay for their rent and provisions. I have never had reason to regret the part I took in bringing that wet-nurse and that little motherless babe together, and I am positive the father has not.

In hundreds of cases I believe it has been the salvation of the little ones to employ wet-nurses, and I am sure that most physicians will sustain me in the assertion that a babe has more chances of life if fed from the breast than from

a bottle. Then what can be a wiser course, if the mother's supply fails, than to employ a wet-nurse if one has the means at command?

*Marshall, Mich.*

K. H.

#### II.

*To the Editor of BABYHOOD :*

My experience of wet-nurses has been, fortunately for me, extremely limited, but, as "N. N." asks for opinions only, I venture to write.

I thoroughly agree with the ladies in her neighborhood in their prejudice against unmarried wet-nurses, and it has always filled me with amazement to see the willingness with which people have accepted, almost without a murmur, women of light character for the most important position in the household. I do not mean to say I think because a girl has been once unfortunate, and perhaps more sinned against than sinning, that thenceforward every respectable way of earning her living should be closed against her, and that by force of circumstances she should be driven more hopelessly into the mire; but I should certainly hesitate long before I would entrust my baby to the care of one of whom almost my whole knowledge was that she had lost her character. Much responsibility rests upon the shoulders of even an ordinary nurse, and the necessity for the mother's constant supervision is great with even the most trustworthy of them, as there are so many cases in which their judgment may be at fault when their intentions are of the best. Of course in the case of a wet-nurse it is almost impossible for the mother to have the child so continually under her own eye, therefore there is the greater danger from a woman who is either careless or unconscientious, or even only inexperienced. To say nothing of the fact that it is still an open question as to whether vicious tendencies as well as diseases may not be communicated through the milk, it seems to me that, taking all things into consideration, the risk is in most cases as great with the average wet-nurse as with the bottle.



I do not mean to infer that it is not much better for a child to have its mother's milk than anything else it can possibly get, but, failing that, I contend that, except perhaps in some very rare cases, a bottle under the care of the mother is better than an immoral or unconscientious wet-nurse.

I cannot here refrain from a protest against the injustice done to the mothers of this generation in the way in which they are constantly accused of refusing to nurse their children either from selfishness or laziness, whereas in all the cases I have known (and they are many) it has invariably been the mother's misfortune and not her fault. Why it should be so no one knows, but in all these instances everything has been done, every effort honestly made, but without success, or success only to a slight degree.

*New Brighton, N. Y.*

MATER.

### III.

*To the Editor of BABYHOOD :*

I was much interested in "N. N.'s" letter in the August *BABYHOOD*. Perhaps some children, who could not have lived by artificial feeding, have been saved by the calling in of a wet-nurse, but how can any mother dare to take the risk of the effect upon her child of a wet-nurse in whose family some terrible disease may be hereditary, or, what is worse than disease or death, who is an immoral woman?

All Christian parents pray earnestly for guidance to teach their children to be pure, noble, and high-minded; and yet some will dare, in the first few months of the child's life, to give it into the care of a woman with whom no pure man or woman would associate otherwise, and who in nursing the child doubtless conveys to it a tendency to vulgarity and sin.

*Brooklyn, N. Y.*

A. M. B.

### IV.

*To the Editor of BABYHOOD :*

In a letter in the August number several questions were asked concerning the character of wet-nurses. I was forcibly reminded of a child of a friend of mine who, having a wet-nurse, grew so like the nurse in expression, and in little ways and mannerisms, that there could be no doubt that the milk which she drank, being nothing less than the veritable blood of the wet-nurse, undoubtedly changed the character as well as the expression of the face, for she turned out very differently from any of her brothers,

and developed scrofula, a disease unknown in her family before. If mothers only knew the fearful risks they run, and the blessed comfort that they lose by not letting their poor babies have the food which God has in nine cases out of ten provided for them, I am sure there would be very few wet-nurses needed. I speak from experience, for shortly after the birth of my first child I had a very bad gathered breast, the pain in nursing being so excessive that I used sometimes to faint with the agony; but fortunately I had a very sensible physician, who urged my persevering, showing me that not only for my little girl's sake, but for my own in the future if ever I had other children, I should do all in my power to keep my milk. I can say I have been amply rewarded for my siege of suffering, for I have been able to nurse, and take comfort in nursing, ten children since, and feel that at least I have not handed down to my poor innocent children faults bred in a stranger's blood.

*New York.*

MATERFAMILIAS.

### An Important Theme for Discussion.

*To the Editor of BABYHOOD :*

I have been puzzling for a long time over a question which I hope the members of the Mothers' Parliament will deem worthy of their consideration. Some months ago there appeared in *BABYHOOD* a plea for the little ones: that they be not denied the joy of their innocent belief in "Santa Claus," fairy tales, and other of the pretty illusions of childhood. I was in the heartiest sympathy with the writer of that article. I consider the memory of my dreaming, trusting, romance-weaving little girlhood very precious, and would be sorry if my boy were to grow to manhood and never know that pleasure, for his own sake and because, to my mind, such a child is infinitely more charming than a sternly practical one.

Now, the question that arises is, How can such myths be made compatible with the unvarying frankness and truthfulness which all agree, and I concede, to be absolutely necessary to secure and retain the child's respect and be an important factor in the proper government of him?

M. M.

*San Francisco, Cal.*

### Keeping Medicines in a "Safe Place."

*To the Editor of BABYHOOD :*

I wonder how many mothers realize the importance—indeed, I might say the necessity—of keeping the family medicines under lock and

key, instead of simply in a "safe place"? There are very few houses where there are not kept some harmful, if not absolutely poisonous, medicines which, through a moment's carelessness, may bring disaster when in the hands of children. As I write I recall a peculiarly sad instance that occurred in the family of a friend, a physician, who carelessly left a bottle of nitrate of silver within reach of his son aged six, who drank much of its contents. Another case that presents itself to my mind is that of a wee one who climbed to a high shelf and drank freely of a medicine containing a quantity of laudanum. Fortunately it was discovered in season to prevent any evil results, but the danger was none the less great. This bottle, with others more or less injurious, was presumably in a "safe place," as no one suspected that they would be climbed after. Babies are apt to taste anything that gets into their hands, so one cannot be too careful of what may harm them. All sorts of medicine should be kept in one place, and that place securely fastened. In addition to this, my own plan is to mark each vial and box with the name of the principal drug used in the prescription, sometimes also the special trouble for which it is prescribed, and always the name of the person for whom it is intended. By this means I never make mistakes in having prescriptions refilled. Of course I do not refer to medicines used in cases of specific illness—such bottles are emptied and washed as soon as the illness is past; but ordinary things, such as tonics, cough-mixtures, and the like, can be refilled from time to time when the same symptoms present themselves, and often obviate the necessity of calling in a physician, while there is no risk if you know exactly what you are giving. I. W. M.

*York, Pa.*

#### Untrained Mothers.

*To the Editor of BABYHOOD:*

In this enlightened age, when women are being educated for any and almost every position, it occurs to me to wonder when they will begin in earnest to fit themselves for the most important place that it falls to their lot to hold—viz., that of motherhood. A girl fresh from college or boarding-school, though she may have all the isms and ologies at her fingers' ends, has need of a far wider field of knowledge than she is likely there to have obtained, before she is ready to assume the duties and responsibilities of a wife and mother; and in behalf of the com-

ing babies I would fain enter my protest against school-girl mothers.

I have in my mind's eye a case in point. The baby in question is six months old, the mother yet in her teens. He was born a fat, apparently healthy child, and his natural source of nourishment soon failed to supply the demand, so after a family consultation it was decided that, whatever Baby did have, he must not have cow's milk—a decision that would have amazed me but for the fact that I have recently met with a number of persons who have the same unreasonable prejudice against the family cow. Oatmeal gruel made with water, oatmeal and condensed milk, with different kinds of patent foods carelessly prepared, were among the experiments in food, the infant growing weaker and thinner and sicker; for, besides these, various sorts of soothing-syrups, carminatives, and herb-tea preparations were poured down his throat until I wondered how he lived at all.

So Baby went from bad to worse, until he was so near death that by the physician's advice cow's milk was procured; but again ignorance interfered, for in spite of the doctor's directions unadulterated milk was deemed the best at the advanced age of four-and-a-half months, on the principle of "if you give him milk, give him milk." That the baby threw up after every feeding was no proof that the food was unsuitable—"he did that with everything." I am watching the case with interest (and untold pity for the baby), for at present, after a slight improvement, he has been again at death's door, having been left in the hot city for the summer while his mother went away. I have said nothing in regard to fresh air, bathing, etc.; they were on a par with the diet.

Another young mother (fresh from college) of whom I am cognizant gave her baby a "dash" of tea at the age of three weeks, at four months ham-skin with its adjacent fat, at six months potatoes and gravy, fruits and vegetables, and at one year the child was fed from the table in addition to its milk, fresh, hot bread being a staple article. During the ham-fat period the baby had pimples on its face, but "nobody minded them." The little one is fat but not solid, pale and unhealthy in appearance, yet the mother firmly believes in "feeding babies."

*Pennsylvania.*

AUNT NELLIE.

#### Information Wanted about Mothers' Meetings.

*To the Editor of BABYHOOD:*

There is one matter of interest to mothers concerning which I have seen but little in your

magazine, and that is mothers' meetings. Thinking it would interest others as well as myself, I venture to ask some one to give a sketch in some number of the proper way of conducting them. I think it would be of great benefit to mothers everywhere to organize such meetings.

*Utica, Ohio.*

A. B.

### Travelling with Babies.

*To the Editor of BABYHOOD :*

Out of a large experience in long journeys with young children, the following points, as necessary for comfort, may be mentioned :

Be sure that your own and Baby's dress is entirely suitable. Resist the temptation to dress her "like a doll," as Baby's aunts will probably desire. Wear nothing yourself that will be a source of care about crushing and soiling. Provide for probable changes in temperature and for a tidy appearance at the journey's end. A sponge and eating-bib are as essential to a child's comfort as its own drinking-cup, but very generally neglected.

A small pillow is a convenience if there are to be few or no changes, but extra wrappings can usually afford a comfortable bed when the car is not crowded. Even when awake a child with good home habits wearies, almost as much as the mother, of the constant holding.

Never, when travelling with children, depend on way-stations for food or drink. Irregular feeding is the source of much discomfort in a journey. Let your basket, if provided for several meals, contain surprises up to the end, or its contents will become unattractive.

Rob the train-boy of his terrors by supplying yourself with fruit before starting, and avoid nuts and candy as more injurious than at home.

Provide for the thirst which is a natural result of the excitement, heat, and bad air of the train. I am personally convinced that the fretfulness of nursing babies in travelling is due, more than to any other cause, to this failure on the part of most mothers. In my experience a bottle of prepared food is an invaluable travelling adjunct. Water sufficiently hot for its preparation can be had free of charge at the larger stations, or, in an emergency, from the engine-room. Babies not fed at home may, owing to the mother's weariness, need this resource ; but this is not likely if the mother herself drinks the preparation or milk freely.

My three years' travellers have required more attention than those of three months. They cannot be expected always to sit still, and soon

become mentally wearied by the constant novelty. Calling the little space between the seats her house, with a valise for her chair, has been a real rest to my girlie ; and a familiar plaything, not given to rolling, appearing on the scene will do much to lighten the journey that is becoming tedious. Let me say to the young mother arranging for her first journey with Baby : Do not dread it overmuch. Whoever fails to make friends by the way, it will not be Baby, and in case of real fretfulness you will find, the funny man of the newspapers to the contrary notwithstanding, more helpfulness than frowns. Very likely you will reach your destination feeling, as I have done, that your journey has been less tedious than it would have been if you had not had for your travelling companion a baby.

*Chicago.*

JULIA S. VISHER.

### Charity in Babies.

*To the Editor of BABYHOOD :*

I was forcibly reminded the other day of the possibility of teaching early lessons in charity, when my little four-year-old daughter came to me with one of her dresses, which was rather the worse for wear and tear, and asked if she might cut it up for her dollie. I hesitated a moment, divided between the desire of providing her with a source of amusement and the thought that with a few stitches the garment might benefit some child who was less fortunate.

"Would you not rather give it to some poor little girl?" I suggested. "Think how happy it might make her." "Is she very poor, mamma? Tell me a story about her." I saw the bright eyes full of interest, and recollecting a sad tale of distress where a family had been bereft of their natural protector, leaving them in the most destitute circumstances, concluded that this was the opportunity to make a favorable impression, and awaken in the mind of my youthful hearer a desire for doing good unto others.

"Yes, darling," I replied, "she is very poor, and has no good papa like yours to buy new clothes, and her poor mamma is obliged to go out every day and work hard to get bread for her children. One little girl is just your age, and I think this dress will fit her nicely."

I was called out of the room at that point and detained some minutes. Upon my return I discovered a basket, well packed, containing dresses, toys, and books. All the best articles of clothing had been selected, and the room was in a great state of confusion. "See, mamma," she said, clapping her chubby hands with glee,



"I've given her my best doll [which, by the way, had one eye extinguished] and my Christmas Fairy-Book. Won't you take me to see the poor little girl?"

I gladly assented, but it took some time to assort the clothing and rearrange everything. At last it was completed, and we started on our errand with a well-filled basket of clothing and some provisions.

I felt more than compensated when I saw the expression of gratitude upon the woman's face and heard her say, "God bless you!" while a little voice exclaimed: "I will never cut up any more dresses, mamma, but save them all for poor babies"; and I felt that a new light had dawned upon my baby, who had received her first lesson in charity.

E. C. A.

Morristown, N. J.

#### Chinese Novelties.

To the Editor of BABYHOOD:

Perhaps some of BABYHOOD's readers will be interested in the novelty we have for our little daughter. I enclose two illustrations of the Chinese chair and cage. They are made of bamboo, with the exception of the floor in Fig. 1

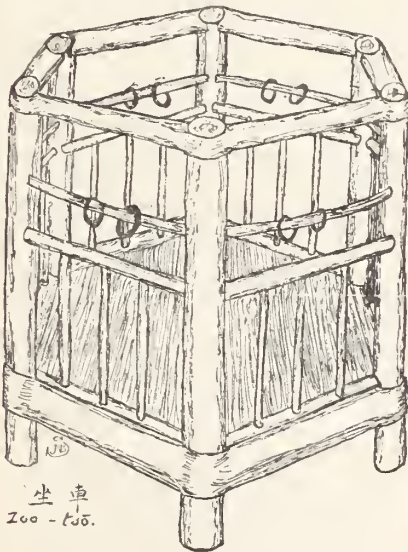


FIG. 1.

and the seat in Fig. 2, which are of wood. No. 2 is made smaller in proportion and placed inside of No. 1.

These chairs are a source of much amusement to our baby, who spends a great deal of time in them. They are a great convenience, for they

keep her off the cold floor, and prevent her from getting into mischief when we are too busy to watch her. They are much used by the natives, and are of different heights, the difference con-

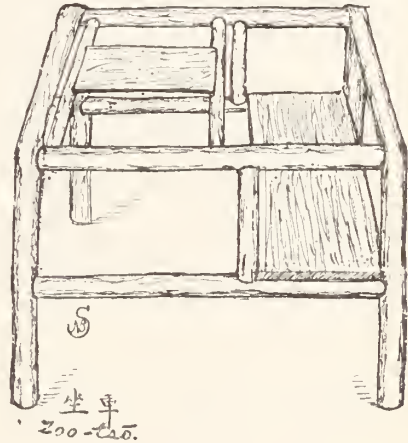


FIG. 2.

sisting in the height of the legs, which sometimes bring the bottom of the chair eighteen inches above the floor. Ruth enjoys the noise of turning the rings or sliding them back and forth.

Shanghai, China.

F. M. S.

#### The Bottle-Fed Baby.

To the Editor of BABYHOOD:

Please let me put in a plea for the poor bottle baby whose case seems to excite so much commiseration in the mind of "O. P." and other writers in the "Parliament." I do not deny that nature's food is the best in a majority of cases, but I do deny, most emphatically, that the bottle-baby does not stand as good a chance for its life (other things being equal) as the breast-fed baby, and the one way is no more trouble than the other. I, too, speak from "experience." In the first place, I don't make any "raids after sweet milk-slops," for my milk is brought fresh to the door every morning, and fifteen minutes serve to scald and put it away. I never travel with a baby unless necessity compels, but on one occasion I travelled from the southern part of Alabama to Maryland with an infant of three months, and the "bother" in that long journey was very slight. Before starting I filled a gallon oil-can with boiled milk prepared for use, which lasted until within a few hours of our arrival, and then I procured fresh. I carried also a supply of nipples and bottles. It was winter, and Baby slept and ate



like the little animal she was, and did not suffer an hour's disturbance from the trip. I never "tuck my baby away with a cold, ragged rubber teat" in her mouth, but give her her meals at regular hours (generally in my or somebody else's lap) and her naps later in the day. Until she was a year old she had nothing but her milk, and when, with the hot weather, symptoms of bowel troubles showed themselves, I removed cereals from her bill of fare, giving her milk diet alone until the threatened danger was past.

Night-feeding is some trouble, I admit, but it can be reduced to a minimum, and abolished in a few months, while it only needs a little care to keep Baby's milk sweet and her bottle ditto—at any rate this is my experience. M.

*Fairmount, Pa.*

### Theory and Practice.

*To the Editor of BABYHOOD:*

I am the mother of four wide-awake, lovely babies—not one too many. Five years ago I was "a woman of theories"; with my first baby I clung to my theories, and they worked well. I dealt with No. 1 with schoolma'am regularity, but No. 2 was a sickly child and could not bear it. I dared not leave him to "cry it out," as his brother before him had done. He must be rocked and walked with, and given frequent nursings, and in fact, as I supposed, spoiled. Yet I never quite lost sight of my "theory," and Eddie was humored only when it seemed to be needed. To my joy I found that when, at about eight months old, his cryings ceased, he seemed no longer to expect the same treatment, and was ever after put into bed wide awake and left in a dark room—just as his brother had been from about half-a-year younger.

I have read with interest the discussion in regard to rocking *vs.* anti-rocking, and for the most part I believe in and practise the latter. I cannot, however, help feeling that some of its adherents may have repelled rather than attracted some of those of the opposite persuasion by seeming to lay down too rigid rules. Rocking, in itself considered, can, I think, do a baby no harm, and it may do great good, especially if the child be of a nervous temperament. In some cases the crying consequent upon being put into bed awake, and left to go to sleep alone, may be injurious to his nervous system, when the rocking would be positively soothing. And, too, who can say that the tender lullabies sung by the mother over the cradle have not done much to instil into the little, receptive being therein a

love of singing, or even much toward cultivating a correct musical ear?

Yet, of course, Baby must not rule the house, and the sooner he learns that fact the better. The mother needs her time for work, I know, and also for recreation, if she would keep healthy and give Baby good milk. Probably Baby does not ordinarily need the rocking; besides, mamma must not forget that she still has obligations to fulfil besides those to Baby.

But to return to the baby's side of the question. It sometimes seems to me to be simply cruel to lay even a strong, healthy baby in bed and positively not "take him up" howsoever hard he cries; for though it would seem that there really can be nothing the matter—his stomach is full, his diaper is dry, no pin is pricking him—he yet cries as if in real pain. If the baby be under three or four months of age, the strong probability is that there *is* real pain, and not temper. My babies have all been troubled by drinking down "wind" with their milk, and, until about that age, seem unable to get it up themselves. Generally if I set them up, or put them on my shoulder and pat their back, the wind comes up easily, but sometimes it does not. In such cases I lay them down and let them cry heartily a few minutes. The muscular effort thus involved is not without its effect, and when the child is again taken up and patted as before the cause of the pain usually makes a hasty escape. After this I lay the child again in bed, this time to stay. I do not spoil my babies by taking them up at their first whimper, and all—except the child mentioned above—have learned to go to sleep alone, even in a dark room, by the time they were three or four months old. A little careful observation, it seems to me, soon teaches the difference between cries of pain and those of hunger and of sleepiness. Baby has indeed "no language but a cry," but there is language in that cry, and she must be an inapt pupil who, as a mother, never comes to understand the language of Babydom.

*Japan.*

ELSIE ELLIS.

### Incarceration of Mischievous Fingers.

*To the Editor of BABYHOOD:*

As a means of gentle punishment to mischievous, disobedient fingers the following device has proved useful in one case: An old pair of stockings, large enough to slip over the arms, was sewed together at the toes. A piece of tape was sewed to the top of each, and the harness was ready for the offender. It was then drawn

over the arms to the shoulder, and the tapes tied behind, if the arms were in front, or tied in front if the arms were to be held behind. This prevents them from being pulled off, and keeps the hands as safe as though they were tied, and is perfectly harmless.

H. I. B. D.

*New York.*

#### The "Letting Alone" System—Weighing after Each Meal.

*To the Editor of BABYHOOD :*

So much has been written to the magazine about the trials of babies that I felt I should like to give an account of mine to show how little trouble, both to itself and others, a baby can be. My nurse, who has had much experience, said she had never met with so serene a child, and we feel as if a great deal of it was due to the regularity with which her life has been conducted from the day she was born. I had learned much from my first child, but with him, unfortunately, habits were formed before he was two months old which cost labor and pains to break, and with this one I was determined, if it could be done, to start right from the beginning, and to do nothing which would have to be undone.

One of my first rules was that the baby must be laid down directly after eating and left to go to sleep without any tending whatever. At first she fussed a little, until she fussed herself off to sleep, but after a couple of days she accepted being laid in her basket directly after every meal as a matter of course. Whenever she cried after that immediate attention was given to her comfort, but she was never taken from her basket except from absolute necessity. Being let alone so completely, she spent most of her time asleep; but often we found her with her eyes wide open, apparently enjoying life quite as much as the babies who are constantly rocked and dandled.

Her nursing was limited to five minutes on each breast, making ten minutes for every meal; and her meals came once in three hours in the day, and after the first three or four days only once between 9 P.M. and 6 A.M.

When she was five weeks old this night meal was entirely omitted and she went from 10 P.M. to 6 A.M. without food. She had become so

methodical a baby that for some time she woke exactly at the hour of her midnight meal, but with very little crying and with no tending went off to sleep again till morning. Now, at three months, she sleeps the whole night from 10 to 6 without waking. In fact, she really sleeps from 6 to 6, taking her 10 P.M. meal without fully waking up.

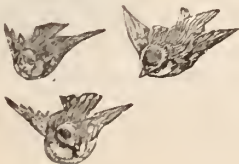
Fortunately, I have had abundance of milk for her, and she has never had anything else in her stomach, except a little sugar and water to cure an occasional hiccough. I have been perfectly sure of the abundance of the supply, and safe in the knowledge that she was never hungry, because for some time she was weighed before and after every meal, and we knew exactly what amount she took. It is an interesting experiment which I advise all mothers to try, especially if they have any anxiety with a wet-nurse, and it is the only way to be absolutely certain of the amount the baby is taking. My doctor suggested it to me for my first child, for whom I was obliged to have a wet-nurse, and on whose account I had much worry, as he did not gain as he should. The doctor told me two ounces were sufficient for a meal, and, though I had much advice from friends as to giving additional food, etc., when I found the child took three to four ounces every time I was sure that at least the quantity was all right, and the baby finally became all right, too.

The result of this regularity and letting alone system is as absolutely good a baby as could exist, I think. She never asks for attention, as she does not know what it is, and, instead of making her nurse's arms ache and her own little body hot and tired, she is happy and peaceful. She hardly ever cries except to make known her wants, and when they are attended to she is content. She gains her half-pound a week, and the whole household remark what a blessing she is.

Of course all babies could not be treated so. But all healthy ones could, and the letting alone system, which must always be accompanied with the strict regularity of living, would save many mothers from being dragged down by fatigue and many babies from being spoiled and "undone."

A. D. C.

*Boston, Mass.*



## HIGH-CHAIR PHILOSOPHY.

LOU is three years old. On one occasion her papa exclaimed ardently, "Oh! papa loves every hair in your head!" Baby looked up anxiously: "Papa, don't you love me where there isn't any hair?"—*S., Brooklyn.*

—The dining-table being removed for repairs, was replaced by another very like it; but our little Emily, two and one-half years old, noticed the difference and said, "Why, mamma, *what* kind of a table *is* this? Is this a *time-table*?"—*Mrs. E. M. N., St. Louis.*

—I have two boys, only seventeen months apart, and I had occasion to punish the elder a great deal for fighting with the younger one. At last the elder succeeded in quenching his warlike disposition to such an extent that I ventured a word of praise. "Well, Clarke," I said, "are you not much happier now that mamma does not have to shut you up in your room so often for fighting with Charlie?" After due deliberation he made answer, "Oh! I don't know. It rests me to be shut up after I've been fighting."—*M. of F. B., Omaha.*

—The struggles of a conscientious child in his efforts to be truthful are sometimes pathetic. Myrtie, at the age of two, was very fond of playing with the articles upon mamma's dressing-case, and had been forbidden to do so. One day she was absent in the bedroom for some time, returning with a guilty face. No question was asked, but after a period of inward conflict the little one remarked: "There was a picture in oor glass of a little Myrtie touching oor fings."

Cathie, over fifty years ago, was busy at her stint of patchwork, after the manner of four-year-olds of her day. She had a bad habit of putting her thread in her mouth, and had been promised a pair

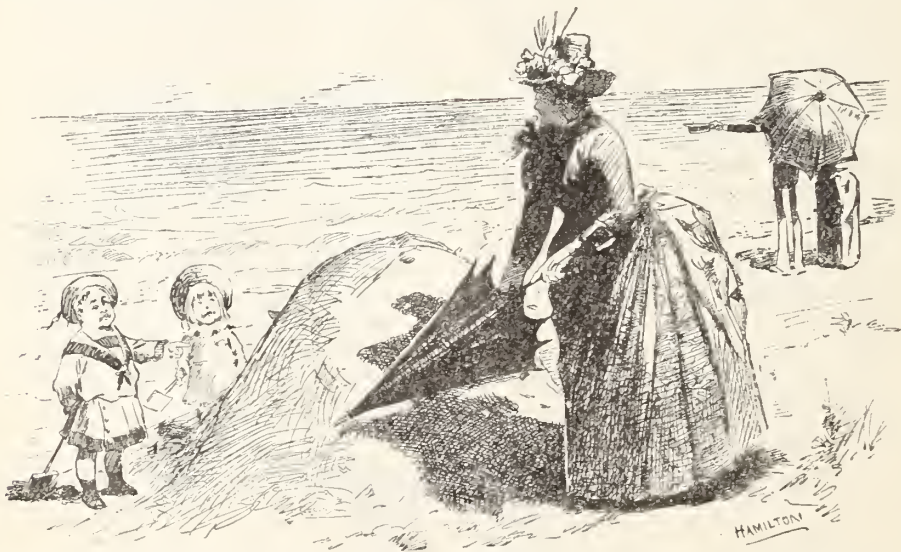
of spatted hands for the next offence. She presently forgot, but auntie didn't see. The moments passed until the child could bear the deception no longer, and began a sweet little impromptu song, the burden of which was, "Once there was a little girl and her name was 'Wet thread,' " which she repeated until it attracted attention, when I am afraid the spats came.

A little five year-old boy of my acquaintance once remarked to me in a burst of confidence: "I want to be a boss boy, but my little heart says 'nay.'"—*Edith Paine Benedict.*

—"Man, 'top talking; more music!" was the audible advice given to a minister at the Woodlawn camp meeting by little Nellie McCombs, a two-year-old child of our city. But the preacher kept on preaching.—*M., Havre de Grace, Md.*

—Our little Jack Horner was very earnestly describing something to papa the other day and used the expression "Quick as a spark." Papa was wondering where he had picked that up, and asked: "Hornie, weren't you trying to say 'quick as a flash'?" "O yes! papa," was the reply, with a little conscious look as if caught in an error, "that was what I meant." Shortly after he was explaining the same thing to his mamma, and apparently determined to make no mistake this time when he came to the exciting part. The result was: "Quick as a splash!" delivered with great gusto.—*M. J. P., New York City.*

—Little Enid, two-years-and-a-half old, has heard her mother remark that BABYHOOD said certain things were not good for her to eat. Now, when anything is offered to her which she does not like, she says: "No, mamma, BABYHOOD says I can't have that."—*E. V. W., Brooklyn.*



MAMMA.—"Where's Flossie?" DICK.—"O mamma! we're having such fun! Flossie's been playin' she's Blue-beard's wife, and we're to rescue her. She's been covered up 'most long enough now, only she said she'd holler, an' she an't hollered yet."—*Judge.*



# Babyhood.

*Devoted exclusively to the care of infants and young children, and the general interests of the nursery.*

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ALL babydom is under great obligations to Dr. Sexton, a well-known aurist of this city, for recording and publishing the particulars of over fifty cases of ear disease resulting from a blow of the hand, either open or clenched. The effects of great concussions, as those of explosions, upon the ear are popularly recognized. But it is not generally known how small a concussion may result in damage to or disease of the ear, with the chance of subsequent deafness. This number of cases in the experience of one practitioner shows that such results are not so very rare. It is worthy of the consideration of those thoughtless people who, for punishment or sport, box children's ears. If a parent believes in the necessity of corporal punishment, there are plenty of places upon the body where it may be applied with equal corrective effects and with little danger of remote physical damage. Boxing of the ears should not be indulged in even in play, for one cannot gauge the effect of the concussion. Another aurist in this city has published a case of deafness resulting from an unexpected kiss upon the ear, the person giving it coming up from behind the receiver. The force in this case must have been much less than that of a playful blow.

Two interesting articles written for us by Mr. W. J. Stillman on "First Attempts at Art," the first of which is printed in this number, are, we believe, the only systematic efforts that have thus far been made in this country to collate and study early attempts in drawing. They appear to have led their author (now

abroad) deeper into the subject than he had anticipated, as we find the following letter from him in the *New York Nation* :

*To the Editor of The Nation :*

SIR : You were kind enough last year to call attention to an article of mine on Art in the *Nursery*, printed in *BABYHOOD*. I purpose making a serious and somewhat elaborate study into this subject, with reference to the philosophy of art development, and shall be glad if parents or guardians, having charge of children below five years of age who may show a tendency to the use of the pencil, will send me any drawings by their charges, accompanied by notes of age, sex, occupation of parents, if any, and what cases of artistic activity may have occurred in their ancestry. Only the entirely spontaneous efforts of the little ones will be of any use to me, and any form of instruction by elder persons will vitiate the conclusions I might draw from the work. As the object is not to discover the presence of great artistic promise, but to study the growth of baby observation and communication of concrete ideas, the work of children old enough to have been influenced by the art work of their adult friends will be useless to me.

Any such drawings may be sent to me in your care within the next six months, and will be gratefully received. It is not of importance that they should be remarkable in any sense as art, but simply the unstimulated result of child thought; in some cases the rudest may be of the greatest value to me.

Yours truly,

W. J. STILLMAN.

Doubtless Mr. Stillman will be glad to have his invitation extended to the readers of *BABYHOOD*, and we shall gladly forward any specimens sent to him in our care; or they may be addressed in care of *The Nation*, 208 Broadway, New York. We would caution contributors to conform strictly to the limits described in the request.

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The statement made by the daily press that the Board of Health of this city had determined to take more active measures for



the suppression of diphtheria, furnishes a text for a little thought. It might seem that a disease so fatal, that prevails in town and country alike, would not be very amenable to sanitary rules. This is in a sense true. Sanitarians have not shown their power over it in the same degree that they have over small-pox or cholera, for instance. Nevertheless every one familiar with the facts knows that much can be done, and that in proportion as preventive measures are intelligent and active the ravages of the disease are restricted. Most of our readers must have noticed this fact: That in great cities diphtheria rarely, if ever, has been as prevalent, in proportion to the population or to the total death-rate, as it often is in towns or smaller cities. This would seem at first glance to be opposed to our conceptions of the causes of zymotic diseases. Villages have more sunlight, a freer circulation of air, and, in a general sense, purer air, than great cities. Further, if, as some have thought, diphtheria and sewer-poisoning are often effect and cause, the unsewered village ought to be freer than the city. We believe the difference is not accidental, nor due to any casual immunity of great cities from epidemic visitations, for epidemics prevail in the great cities. We think it is due to the different attitudes taken by the inhabitants of great cities and small places towards sanitation in general and Board of Health regulations in particular. The resident of a great city is accustomed to delegate a great many things to an official, and from custom recognizes the advantage of police regulations, sanitary and otherwise. The Board of Health usually has the backing of the intelligent classes, and the unintelligent and naturally filthy classes dare not resist openly the regulations; and when the health authorities of any great city really actively attack the sources of disease the effect is soon felt.

Now, in smaller places the Boards of Health are generally more hampered in their actions, and in very small places are practically helpless. Every family is a law unto itself in its sanitary (?) arrangements,

and, as every one is the neighbor or acquaintance of every one else, any enforcement of the most wholesome regulation is accepted as a personal encroachment and resented as such. The officer charged with the duties of the Board of Health in a country village, who should actively perform his duties against the wishes of the offenders, would lead a very unhappy life, and his tenure of office would not extend beyond the next election. Only severe experience teaches people to be careful themselves or to allow others to be careful for them. Concerning small-pox most people have learned the lesson, although the Canadian epidemic showed that some were yet untaught. The terror of cholera is so great that when it is near instructions are fairly well followed. Concerning diphtheria the lesson is so little understood that the physician, with his most urgent warning, often cannot procure the isolation of a case of the disease.

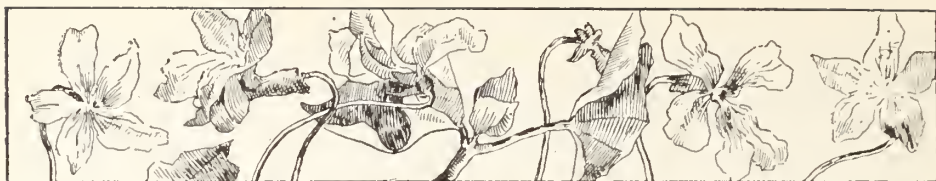
It is a great disappointment to us, month by month, that it is wholly impossible to lay before our readers more than a fraction of the excellent communications which reach us for the "Mothers' Parliament." This month, for instance, while a variety of interesting topics are touched upon, we have to deprive our readers of more than one or two letters concerning each, leaving them to imagine many of the good things said by others writing upon the same subject. The letter on "leedle cheeldren" takes rather a doleful view of all the mothers who find time to write to *BABYHOOD* (at the same time betraying the author's close familiarity with the magazine, which could not have been acquired except by time spent in studious application!), and we hope it will serve to show the brighter side of the question by the mere fact of its being alone. From other letters our contributors will learn that their views are preached at certain Mothers' Meetings, in one case a pile of all the back numbers of *BABYHOOD* always lying within reach of the presiding officer's hand. (We trust it will not be considered ungracious in us to call this writer's attention, incidentally, to the

fact that the "gospel of fruit diet for prospective mothers" was not found in BABYHOOD except to be combated.) We welcome a contribution, also, from Mr. Thomas Stevens, whose bicycle trip around the world has become so famous, and who found time, when furthest away, to note a circumstance which he knew would be of interest to our readers.

We chronicle the arrival in this city the other day of three frogs, alive and well. They came here in certain cans labelled "milk"; and as there is a limit to the extent of adulteration of their aqueous element which amphibious animals can subsist in, it is fair to presume that the percentage of milk which had been poured into it was not large. With the aid of the said frogs and the lactometer the Board of Health ascertained the true character of the fluid, nearly four thousand quarts of which were forthwith appropriated to aid in floating the shipping of New York Harbor. We adjure the babies of this city and vicinity to promptly reject any milk which may be offered them from the dairies of the following parties, all in this State, they having been concerned in the adulterations: J. H. Whitson, of Whitson; J. L. Green, Crofts; H. Covert, P. Gallagher, H. Strong, J. S. Carpenter, S. Mead, and Mrs. Paine, of Yorktown; E. Carpenter, Merritt's; W. H. Nelson, Croton Lake; J. Ferris, Amawalk; George Agar, John Moore, G. W. Reed, and L. Christien, of Baldwins; and W. A. Hopkins, of Carmel. Look out also for certain cans marked "D. H. H.," ownership uncertain; these contained a specially choice selection, consigned to an orphan asylum.

It has been interesting to note, during the three years of BABYHOOD's existence just completed, what a regular progression there has been in the drift of ideas of most of its contributors and correspondents. Beginning with the broad theme of the "care" of the baby and little child, it was not long before the problems began to narrow themselves

down within specific lines. Parents who stood aghast before a wilful baby raised queries innumerable regarding moral training and allied subjects; this soon raised the question whether orthodox ethics could be expected anyhow from babies who were not in good health in every particular; questions of doubtful health resolved themselves into questions of proper nourishment; these in turn led to a host of speculations as to diet, which ran back still further to the quality of mother's milk, and thus, indirectly and yet specifically, to the general health of mother or nurse; ante-natal influences and hereditary tendencies following as a matter of course. Now it would seem as if most readers were questioning the general fitness of young women for maternity and as if radical changes were necessary in the whole scheme of educating and "bringing up" the girls of the family in order to fit them for the maternal responsibilities of later years. So the whole question has progressed in a kind of backward evolution, the babies in the meantime reaping the advantage of such an accumulation of theory and practice tending to their benefit as has never in any three years before, we venture to say, been presented in one place. Not that anything remarkably new or wonderful has been discovered by BABYHOOD—on the contrary, its readers know that it keeps a sharp eye on the wonderful and new things, and endeavors to shield its charges from a great many of them—but that there has never before existed so wide-spread a means of producing a vigorous shaking-up of old methods, sifting out the bad ones, and bringing the best to the surface within reach of everybody. While books upon books may be written on these subjects and put on the shelves, a *periodical* has the advantage of perpetually reflecting the daily life and experience—the details which, constantly changing, old yet always new, sharpen the appreciation and strengthen the sympathy of thousands who are thus brought into close relationship. Such cordial good-will toward the whole of babydom may have always existed, but it has never before been expressed.



## THE CONTAGIOUS DISEASES OF CHILDREN.

BY HENRY DWIGHT CHAPIN, M.A., M.D.,

*Professor of Diseases of Children at the Woman's Medical College of the New York Infirmary, and Lecturer at the New York Post-Graduate Medical School and Hospital.*

THE importance of a better knowledge concerning the contagious diseases of children is often forcibly brought to the attention of mothers and teachers by the rapid spread and frequently fatal character of some of these maladies. The wide diffusion of contagious diseases could certainly be curtailed if the public were better informed as to their nature. It is the object of this article to present the leading facts that are known about these diseases, particularly in reference to their early recognition, proper isolation, and thorough disinfection. By increased knowledge and care epidemics can frequently be prevented. The diseases that will be discussed are scarlet fever, measles, small-pox, chicken-pox, diphtheria, whooping-cough, and mumps. It may be well at the beginning to inquire what is known as to the nature of contagion, to which children are so very susceptible.

### **The Nature of Contagion.**

Without confusing the reader by an enumeration of conflicting theories, it will be enough to say that the specific principles causing the contagious diseases we are considering have never been certainly recognized or isolated. But while we have no precise knowledge of their real nature, we do know a good deal about the way they act. This has a very practical bearing on an important subject. The following points may be considered as known with reference to contagion :

1. Each contagious disease has a separate and specific virus, probably a living organism, which always acts in the same manner in the animal body that it infects. What cannot

be proven by sight may be recognized by a general uniformity of action. Measles is never produced by exposure to scarlet fever or to any other disease but measles.

2. When the specific virus of a contagious disease finds lodgment in the body, no matter in how small an amount, it at once becomes capable of extremely rapid multiplication. The human body forms a most favorable medium for its growth and development. Although at the start a single organ may be affected, soon every tissue becomes more or less involved, not only containing a large amount of the virus, but being able to infect other bodies. This property of self-multiplication goes to show that the poison of these diseases must be vitalized.

3. The virus of the contagious diseases not only produces general bodily disturbance, shown by fever, but in each case the brunt of the poison acts invariably on certain definite bodily organs. Thus, in scarlet fever there is always a severe inflammation in the throat and a particular kind of rash upon the skin. In measles the upper air-passages are uniformly affected, as in a severe cold in the head, with an equally characteristic rash upon the skin. All the other contagious diseases exemplify this law.

4. When a specific contagium produces its disease in an individual, future susceptibility to the virus of this disease is lost, and in the vast majority of cases there is never any repetition of the trouble, although the person may be repeatedly exposed. From this fact it has been supposed that each virus operates on some special constituents of the body,

which, after being exhausted by one attack, cannot furnish the basis of another. It may be interesting to note in this connection that contagious diseases sometimes produce a marked constitutional change, for better or worse, in the person attacked.

5. Contagious diseases vary much in different seasons and localities in respect to severity and apparent communicability. They are liable to become at any time generally diffused through a region—in other words, epidemic. The varying severity of these diseases is probably not due so much to an increased malignancy of the virus itself as to the constitutional condition of the person attacked and to certain atmospheric and telluric influences that are not thoroughly understood. Some years such diseases as scarlet fever and diphtheria are unusually fatal, for which electrical disturbances and uncommon density or rarity of the air, unusual dryness or moisture of the earth, and other like conditions, may be largely responsible. A very important fact to bear in mind is that a mild attack of a contagious disease in one person may beget a severe or even malignant attack in another. The light forms of scarlet fever or diphtheria in which the patients are not even put to bed do untold harm by spreading these diseases widely, many of the induced cases being severe and fatal. Filthy domestic and general surroundings not only afford a favorable soil for the preservation and development of contagious principles, but appear to intensify the severity of the diseases. An important practical indication as to prevention and disinfection will be given in a subsequent article.

6. The virus of any contagious disease, after being introduced into the body, does not at once produce a disturbance of its functions, but requires a definite period of time before the morbid activity manifests itself. The interval of time existing between the exposure and ingestion of a poison and the first manifestation of disease is known as the period of incubation. All of the contagious diseases have their own periods of incubation. This interval of latency may be ex-

plained by the fact that although the virus usually enters the organism in a small amount, by its rapid self-multiplication the body, after a certain time, is sufficiently saturated with the poison to present marked constitutional symptoms.

#### **Periods of Incubation.**

Mothers who have anxiously watched for the first manifestations of disease after a known exposure will appreciate the desirability of knowing the limits of the periods of incubation of the different contagious diseases. While these limits vary somewhat in all cases, in the following table will be found the earliest and latest interval of time that usually elapses, in each case, between the exposure and attack. The variation in the period of incubation may be due to the nature of the epidemic or to the susceptibility of the patient. In most cases the sooner the disease is developed after exposure the severer will be the type of the attack:

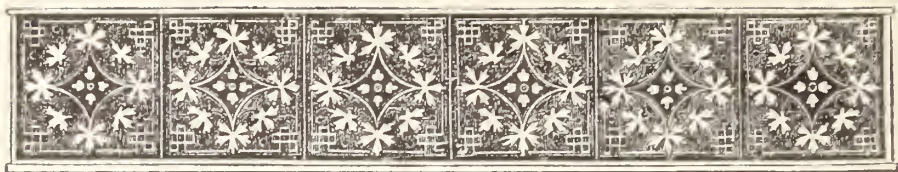
Scarlet fever, 12 hours to 7 days.  
Measles, 9 to 12 days.  
Small-pox, 12 to 14 days.  
Chicken-pox, 8 to 17 days.  
Diphtheria, 2 to 8 days.  
Whooping-cough, 4 to 14 days.  
Mumps, 8 to 22 days.

If a child passes the longest time here stated, it will, with very few exceptions, escape the disease.

#### **The Vulnerable Points.**

By what pathways can the virus of contagious diseases enter the human body? Practically only in two ways—through the food and air-passages. In breathing a tainted atmosphere the poison finds lodgment in the nose, throat, or some part of the breathing-organs, and thence quickly infects the whole system; by taking food or drinking milk or water contaminated by the virus the same accident takes place through the intestinal canal. The importance of recognizing these methods of entrance will be appreciated when we consider the ways to prevent the spread of contagious diseases. Inoculation of the virus through the skin can produce a contagious disease, but this method of propagation has no practical significance in this connection.





## BUMPS AND BRUISES.

BY EDWARD MARTIN, M.D.,

*Surgeon to the Out-Patients' Department of the Children's Hospital, Philadelphia.*

**F**EW children escape certain unfortunate consequences of their incessant activity. The child who has never been cut, bruised, or burned has probably not led the happiest nor most healthful life.

The pliable bones, the highly vitalized tissues, enable the little ones to withstand an astonishing amount of violence. On two occasions has the writer seen picked from the bricks, where it had fallen from the third story of the fronting house, a soft, plump, round baby, as bruisable apparently as a ripe peach, yet showing no symptom nor sign of serious injury. On the other hand, a careless nurse swings the little one by its wrist or thoughtlessly twists its arm in putting on or taking off a too tight garment, and there is a sprained joint or broken bone.

### What is a Bruise?

The most frequent injury of child-life is the bruise. This should receive prompt attention, particularly if on the head or in the neighborhood of the larger joints. The bruise gives pain, because the nerves have been squeezed. It causes swelling, because the delicate blood-vessels in and beneath the skin have been injured and are pouring their contents into the tissues. There is discoloration, because the blood which has leaked from the vessels must undergo certain changes before it can be absorbed.

The ends to be obtained by treatment are clear: to subdue the pain, prevent or diminish the swelling, and hasten absorption of the materials which have already

leaked from the vessels. To subdue the pain and lessen or prevent the swelling, hot applications are most efficient. If not obtainable, cold applications may be used with nearly as good effect.

### Treatment by Heat.

To make hot applications, heat a pint of olive-oil as hot as it can be borne by the hand (hot water may be used in place of oil). Provide two pieces of flannel which, when folded several times, will be large enough to overlap the whole bruised area. Place them in the hot oil, wring one out, and quickly apply it to the bruise. In one minute replace it by the second cloth, putting the first cloth back in the hot liquid. The oil (or water) *must be kept hot*. Continue changing the cloths as described for thirty minutes. After this time, by means of strips of linen or a flannel bandage or a soft handkerchief bound about the part, make gentle pressure over the seat of injury. In twenty-four hours remove this binding, lubricate the hand with oil or vaseline, and rub the injured part for ten minutes as vigorously as can be borne without pain. Repeat this rubbing twice a day till the effects of the bruise have all disappeared.

Heat not only actively constricts blood-vessels, thus preventing any further leakage, but causes the very rapid absorption of the liquid material that has already escaped. Rubbing increases the circulation and nutrition of the injured part, thus hastening the absorption of the solid material that has passed from the blood-vessels and favoring

the speedy return of the part to its normal condition.

#### Cold Water Treatment.

If hot oil or water cannot be obtained cold water may be used, the cloths being changed precisely as described when using hot applications. If heat be used the liquid *must be kept hot*. If cold be used the water *must be kept cold*. The writer does not recommend the various lotions, such as lead water, arnica, or laudanum, because they are not so efficient as the means above described. They are all deadly poisons, hence, among children, possible sources of great danger.

#### Precautions.

After a bumped head the child may be stunned for a moment, may shortly vomit, and subsequently become heavy and drowsy. This is more serious than a simple bruise, and should be seen by the doctor. Till his arrival it should be borne in mind that this drowsiness is nature's call for rest, and that the vomiting is in itself a favorable sign. The child must be kept in perfect quiet and be encouraged to sleep, and must on no account be given stimulants. On the doctor's arrival he will then find a case uncomplicated by the unwise treatment of parents or friends.

## FIRST ATTEMPTS AT ART.

BY W. J. STILLMAN.

### I.

A REMARKABLE, but not inexplicable, likeness between the archaic work of nations who can have had no kind of intercourse with each other has, no doubt, been noticed by most students of the archæology of art. The Egyptian, Mexican, primitive Italian, and doubtless other first attempts at the delineation or modelling of the human figure, bear a certain family likeness which has been made the ground of theories of origin and assimilation which



FIG. 1.

are, so far as this evidence goes, without any confirmation. The cause of the likeness in these early efforts at art is easy of determination. Man being substantially the same, mentally and physically, in all races, his first attempts to image his kind will fall within the same lines and form really the same

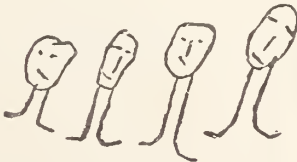


FIG. 2.

types of identical originals. The whole proceeding is based on the expression of the ideas impressed on the artist and retained in



FIG. 3.



FIG. 4.

memory, forming impressions necessarily the same as the object causing them, and the mind receiving them, differ immaterially.

The process may be studied any day in the nursery, for the law of nature that makes the development of the individual follow the evolution of the species compels the infant artist to work by the same rules as the mature archaic workman. As the art of a race has demanded centuries for its evolution, and the perfection of the race

æons of time, the art of the individual follows the established law of development in a lifetime, just as the physical growth of the individual does. The accumulation of hereditaries acts in one case, probably, as in the other.

Professor Corrado Ricci, of Bologna, has made an interesting study of the art of babies which shows clearly the process of the evolution of the ideal in its earliest phases. He has collected an enormous number of the attempts of little children, utterly unaided and untaught, to represent men. They show that the first idea of the child is formed on the face of the man; and the illustrations, several of which are here reproduced, might have been carried further by collating

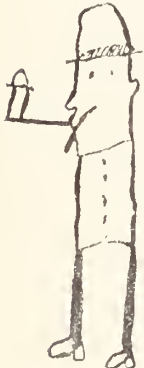


FIG. 5.

with them the earliest attempts at delineating the face alone, for in most of them the head is almost or quite monopolized by the face. It is the face which speaks to the child, and the first examples from Professor Ricci's portfolio are simply faces on legs, because motion is one



FIG. 6.



FIG. 7.

of the primary ideas of the babe, and probably the source of it its first æsthetic impression. A face is simply a space containing eyes, nose, and mouth, and, being mobile, requires legs to go with (Figs. 1 and 2).

Experience teaches that something more is there, and the desire of being carried, or associations with play, soon develop the fact that arms are essential to existence with satis-

faction. I well remember one of my juvenile impressions on this addition to the ideal—perhaps one of the very earliest I retain, the emotional side of my nature having been very precociously brought forward in my education, and my ideas of heaven and goodness closely connected with the an-



FIG. 8.

gelic genesis. I was looking with my mother at an illustrated "Pilgrim's Progress," and we came to the illustration of Christian passing through the river, in which, up in one corner, was a chariot on the clouds,



FIG. 9.

with two angels waiting for the soul of the Pilgrim. The angelic conformation distressed me bitterly, and I protested against ever becoming an angel, as the loss of my arms in play was in nowise compensated for by the substitution of wings, for which I had no use; and the belief that, as a good child, I was destined to the angelic state was to me a real and prolonged grief. A child with no arms and unable to play was a child condemned to eternal misery, in my scheme of existence. I hope that fewer children have now to suffer from such anxieties, for these and similar phantasies saddened my childhood. Angels and devils combined to drive all playfulness out of it.

Arms, therefore, come into the anatomy of the school of nature somewhat later, but as appendages ill-understood—a compromise between hands and arms, elbowless as the legs are kneeless. One little genius in Ricci's field had, however—perhaps as the conse-

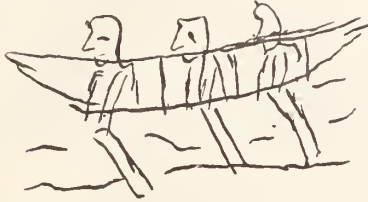


FIG. 10.

quence of peculiar forms of punishment not unknown in school when I was a boy—learned that people have ears, and fingers on the hands, as well as toes on the feet, even before he found that he had a body (Fig. 3). It seems to me that this discovery of the ears is one of the most singular incidents recorded in this study of the professor's. The artist did not know that the fingers did not sprout all along the arms, but he knew where his ears were. Later the fact of the torso being an indispensable condition of completeness comes into view, and thus we reach the ideal of bodily existence in its simplest conditions (No. 5), and then a slightly more advanced type (No. 4); but the new idea seems to have pushed out one of the old, for one drawing has no arms, and the other only an appen-

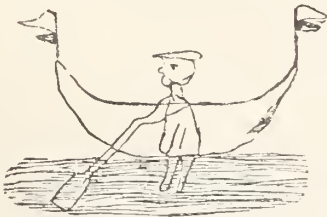


FIG. 11.

dage which serves to light the pipe which the developing intellect has found to be a normal accompaniment to the manhood with which it was familiar.

The memory retains the fact long before it can make accurate observation of the conditions, and little by little the ideal grows by

the addition of the results of new observation, but always in the true method of art, as expression and not as imitation; for no child ever thinks of drawing from nature until set at it, any more than the archaic



FIG. 13.



FIG. 14.

sculptors did. It is the ideal of a man always which occupies first the invention of the artist. There comes in a certain dramatic humor (Fig. 6), in which we find another artistic element—the double contemplation of man and an action which interests, but the technical knowledge is necessarily no greater. There are arms and legs, but how they came is of no importance; they are there if



FIG. 15.

wanted, and it is the business of the public to put them to their true uses. In this we find a curious parallel in some of the most ancient scarabei (gems cut in the shape of a beetle) found in Italy.

The artist learns to draw an object as he learns to know it. Naturalism or imitation never occurs as a motive, and in this fact lies the secret of the similarity of all archaic representations of man. The

child may put both arms on one side of the body (Figs. 7 and 14), or, having given the profile of a head with the nose in its proper



position, and unable to convey in this conjuncture the fact that it has two eyes and a mouth, deliberately puts them in the cheek (Figs. 9, 13, and 15). What is imperative is that all that the child knows of the man shall be told. If the little artist wants to

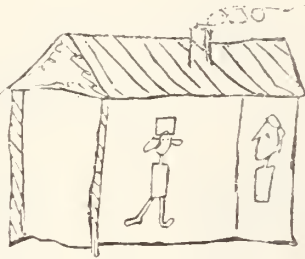


FIG. 16.

express the idea of a house with people in it, he makes the house and puts the people in simply and purely and very much as the early Italian artists did; and although, of course, we cannot expect of the infant mind the stretch of invention which made some of the early Italian masters put in the same

picture all the different incidents of any history, we find it capable of analogous difference to the laws of matter when it gives a house with the inmates shown through transparent walls (Fig. 16), or a ship with its crew seen through its sides (Figs. 8, 10, 11).

Put with these childish designs certain



FIG. 21.

FIG. 22.

others of purely barbarous tribes as inexperienced as children in all that pertains to the human development which we call civilization (Figs. 21 and 22, Comanche drawings)—our American savages—and we shall apprehend the analogy between the race and individual development. The technical capacity is greater, but the manner of regarding the theme, and generally the particular truths memorized and set down, are the same.



## BABY'S MUSCLES AND EXERCISE.

BY ADA S. BALLIN, LONDON,

*Lecturer to the National Health Society of England.*

JUST as the mind and body should be equally developed, and just as one faculty should not be cultivated to the exclusion of others, so should all the various muscles meet with their appropriate exercises in order that one part of the body may not grow strong at the expense of the others, and that the general development may be good.

### **The Value of Strong Muscles.**

It is important that all the muscles should be rendered strong and firm; for the mus-

cles command the bones, and if one set of muscles is weak the bones they regulate and move are dragged out of position by opposing sets. It is especially necessary that the muscles of the back should be well developed; for if they are not strong, the greater weight of the body being towards the front, the spine will bend forwards and the proper expansion of the chest be interfered with. That this must be so is evident even on very slight acquaintance with the anatomy of the parts. The bones of the chest are the spinal

column at the back; the ribs at the sides, attached to the bones of the spine; and the breast-bone in front, to which the upper ribs are attached. The ribs incline downward with the spine when we bend forward, and the capacity of the chest is thus diminished and breathing hampered. If this position is commonly assumed, pallor, general debility, and, in some cases, diseases of the chest result, in addition to the ungraceful appearance of a confirmed stoop. The muscles of the back counteract the action of those of the chest in maintaining the erect position of the body, in preserving which no less than five layers of powerful muscles, along the spine only, are engaged. The spine is a highly flexible column, made up of a number of bones called *vertebræ*, united by cartilages, soft but gristly cushions, and ligaments, commonly called *sinews*; it is movable in all directions by the action of the overlying muscles. In childhood the spine is most liable to yield and become weak or deformed at the neck and loins; for the neck has to support the weight of the head, and the loins that of the trunk and its internal organs.

In early infancy the muscles of these parts have not attained the necessary strength to enable them to perform these duties. The new-born infant's head falls forward or from side to side, and requires to be carefully supported, lest the neck should be dislocated.

#### **Disadvantages of the Sitting Posture.**

Owing to the weakness now described, the sitting position, which is too often adopted for quite tiny infants, is most injurious to them. When they are so placed their bodies incline forward, the head falls forward, and the arms hang forward beyond the centre of gravity; these drag on the shoulders, which are further rounded, while the strain on the muscles of the back is increased, and, if the practice is persisted in, permanent deformity results. Further, when the head droops forward and the spine becomes bent, the cushion-like cartilages between the *vertebræ* become thinned on the inner side, and

the angle at which the ribs stand out from the spine is diminished. The ends of the ribs are thus brought nearer together, and the breast-bone drawn inwards, which diminishes the cavity of the chest. The ribs, in inclining downwards, also push down the organs of the chest, so that they press on to the abdominal organs and hamper their action—an evil which occurs more severely in tight-lacing. The functions of respiration and digestion are thus impaired and the seeds sown of future diseases.

Children should, therefore, never be "set up" until they have been seen to sit up of their own free will, which they will do as soon as they are strong enough.

For an infant to be always carried in arms is injurious for it and irksome for the nurse. People are far too afraid to let babies lie about and exercise their limbs freely by stretching them in all directions. They will do this if left to themselves, but they cannot when cramped by badly-made clothing, by the nurse's body and arms, or even by the walls of a not too roomy cradle.

#### **How Muscles Develop.**

The apparently meaningless movements, the rollings and stretchings of little limbs, the clasping and opening of tiny hands, the cries and crowings of the baby, all serve a good purpose—the purpose of development. These seemingly useless actions are the body's apprenticeship for the work that is to come later on. The legs are gaining strength to walk, the arms to carry, the hands to grasp, the vocal organs to speak. To hamper these natural actions in any way is to injure the young life and to retard its development. Let nature work in its own way; be careful only to guard against accidents.

A learned professor, a friend of mine, allowed his children from infancy to lie all day on rugs on the floor or grass, and as soon as they could crawl they were put to sleep also on mattresses on the floor, which effectually prevented any danger of their falling out of bed. Care was taken that these children should be out of harm's way; but they

were always allowed perfect freedom of movement, and not always watched and restrained, as most children are. The result has been all that could possibly be desired: they have grown up perfectly developed in every limb, strong both in body and mind, and completely devoid of fear. There is such a thing as watching and guarding children too closely, and making them from the first too dependent on others. It must not be forgotten that education, in the true sense of the word, begins from the very first moment of life.

The baby stretching and moving its limbs, and rolling about on the floor or grass—which it can do with perfect freedom in the short clothes I advocate,\* but not in the long ones generally worn—gains power in its muscles and will soon begin to crawl on all-fours. This is an advance towards walking; the united strength of the four limbs is sufficient to carry the weight of the body, and it will crawl until the bones and muscles of the legs are equal to bearing the burden alone, and the faculty of walking is thus acquired naturally and at the right time.

#### An Example from Savagery.

An old writer says of the children of the Caribs: "Although the little creatures are left to roll about on the ground in a state of nudity, they *nevertheless* grow marvellously well, and most of them become so robust as to be able to walk without support at six months old."† The word *nevertheless*, which I italicize, is an expression of naïve surprise, for the author had been accustomed to the swaddling and restraint system, and

naturally thought no other could be successful; but although the "state of nudity" of the Caribbean infant cannot be copied in our climate, the above quotation shows that the system of freedom here advocated is that which best serves the purpose of development. What English or American baby, brought up carefully in arms, could walk, if only a few steps, at six months old? While prizing our civilization of the nineteenth century, there are some things which make us think with a regretful sigh of some of the manners and customs of savage nations and of primitive times, and yearn for a life that should be in many respects more natural than that which we now live. We live in an eminently artificial age, in which the dominating idea seems to be a distrust of Nature and a covert thought that we are so far advanced now that we can afford to hold her laws in contempt and generally improve upon her method of work. We have not yet, however, attained sufficient intelligence to appreciate the truth of Bacon's aphorism that "Man is but the servant and interpreter of Nature, and is limited in act and understanding by the extent to which he has observed the order of Nature; beyond this neither his knowledge nor his power can extend." But sooner or later we must learn the value of this truth, and then, by bringing the power of science to remove the obstacles which rise up in the path of Nature, by avoiding what we shall then see to be evil, and by seeking what we shall then know to be good, we shall extinguish the "diseases of civilization" which now close in upon us, and shall live a healthier and purer life, both physically and morally, than we can now even picture in our day-dreams.

\* See "Science of Dress: in Theory and Practice" (Samson Low & Co., London), chapter v.

† "Histoire Naturelle et Morale des Isles Antilles." Rotterdam, 1653.



## THE PROPOSED TRAINING SCHOOLS FOR NURSERY-MAIDS.

THERE are indications that our article on this subject last month will bear fruit in due time. A representative of *BABYHOOD* called upon several persons specially competent to express an opinion upon the feasibility of the scheme, and found but one sentiment concerning the need of some such system for training nurse-maids, but a variety of views concerning the methods to be employed. "A brilliant idea." "Wholly new, and yet of personal interest to almost every one." "Easy to be done, and yet of almost incalculable value when done." "So excellent a suggestion that I cannot understand why the scheme has not been tried before." These are some of the comments by well-known physicians and workers in the field of practical philanthropy. The suggestion meets with so much approval from the very men and women who, through their connection with hospitals and asylums, can put it to practical test, that there seems to be no doubt that before many months it will be as possible to find trained nursery-maids for children in health as it is now to find trained nurses for the sick.

Dr. Andrew H. Smith, who is connected with several societies and institutions, said that the suggestion was simply an admirable one. He could see no reason why young women should not be received in all institutions where children were sheltered—foundling asylums, children's homes, hospitals, day-nurseries, etc.—there to give their services for any stipulated time in return for the instruction to be had and the diploma or certificate to be awarded to nurses who had proved faithful and intelligent. "They might," said this gentleman, "receive practical instruction in preparing food, in bathing a baby, in administering medicines as ordered, in giving an enema, in the care of nursing-bottles, etc., while they should be taught what not to do as well as what to do. The system would afford an excellent

opportunity to impress upon young women in an authoritative manner the wrong of using narcotics, of lifting children by one arm, of taking them into shops or places where they might meet contagious disease; also the duty of speaking nothing but the exact truth in the presence of a child, of avoiding slang and vulgarity, etc. Lectures upon a nurse's duties might be given with excellent results."

Dr. Sarah J. McNutt, an officer of the Training School for Nurses, who was asked as to the best methods of training nurse-maids, said:

"It has long seemed inexplicable to me that a mother will give far more time and care to finding a cook than to selecting a nurse. Any girl, provided she looks clean, is supposed to be ready to take care of children, and the demand is so great that the wages paid are often out of proportion to the capacity of the girl. The result is that during the most impressionable age, morally as well as physically, our children are exposed to constant risks. The nurse paid to look after them may be intelligent, trustworthy, careful, and she may not. It is a lottery. People would be only too glad to pay something in order to get better nurses; therefore the higher wages paid to a girl having a certificate from some reputable institution ought to make such instruction sought after. The duties of a nurse-maid are so simple, as compared with those of a trained hospital nurse, that the course of instruction might be correspondingly simple. An intelligent girl of seventeen or eighteen years ought to be able in six months to learn all that would be required of her. And even so short a course need not be without instruction in dealing with emergencies; a nurse ought to know what to do should a child swallow poison, get badly burned, or have a spasm. Where there would be one demand for a nurse for the sick, there would be one hundred for



nurse-maids. The arrangements for the training of large numbers of them would therefore have to be somewhat different from those adopted in the present training-schools. That would be a matter for discussion. Perhaps each institution where children are received might take a certain number of young girls who would look after the children in return for instruction. People needing nurse-maids would soon get into the habit of going to such institutions for them rather than to the intelligence-offices. Perhaps the certificate of competency need not be given until the nurse has lived for a certain time in some family after leaving the training-school, and has given satisfaction to her employers.

"Another plan would be to follow more closely that of the training-school for nurses for the sick. The girls might live in an institution of their own, going from there every morning to the asylums or day-nurseries where their services are needed, and returning at night to the training-school; this would enable them to have evening lectures from physicians and trained nurses. In the present school for nurses the women are assigned to the different hospitals during the day. In the evening they have regular lectures at the training-school. The large number of nurse-maids needed as compared to trained nurses for the sick might make it impossible to gather them under one roof. The question of maintenance, both for the girls while under instruction and for such a training-school, is also to be taken into consideration. The nurses in our training-school during their two years' course receive eight dollars per month. The institution receives from the hospitals where these nurses are employed ten to twelve dollars per month. During the second year, when the nurse has acquired sufficient experience to be sent to private cases, the institution receives for her services sixteen dollars per month, which goes to the support of the institution. Matrons of large institutions will be only too glad to get bright girls who will come for six months or a year at low wages in consideration of instruction and a diploma.

In hospitals a beginner may be of small use, but in the care of children it is different. Moreover the fees from persons asking for nurse-maids would, in a large institution, go far toward paying any incidental expenses. In fact, the scheme seems to offer no practical difficulties, and just as soon as it is known that any of our reputable asylums and day nurseries is ready to train nurses and give them diplomas when competent, there are certain to be any number of applicants for instruction and for nurses. I see no reason why every one of our children's institutions may not have its training department for nurses."

A woman of intelligence, connected with several charitable institutions, said that she looked upon the scheme with enthusiasm, partly because it promised a new field of usefulness to girls who now go into factories or cheap shops rather than into house-service. "The nurse from a training school, with a specialty enabling her to command a few dollars a month more than the raw recruit from Castle Garden, will enjoy so much better a position than the average nurse-maid that a better class of girls will be ready to go into service. A certain degree of intelligence and neatness will naturally be required of girls who expect to receive diplomas; they should be able to read and write well, to speak English properly, etc. This alone would tend to raise the whole class in the estimation of the community, just as it has done for the trained nurses for the sick. Thanks to the Training-School in this city, the old type of professional nurses, the *Sairey Gamps*, ignorant, slattern, and often intemperate, are fast disappearing. A new profession has come into existence for women of intelligence and education. I hope that the same revolution and improvement may take place among nurse-maids; they are even more essential to the welfare of the community than good nurses for the sick."

Similar expressions of confidence in such a plan were uttered by many others, and BABYHOOD hopes, in the interest of its own constituency, to be able to report at

no distant day that these views have taken tangible shape in the establishment of at least one experimental school. In the meantime there are many readers of *BABYHOOD*

who could furnish valuable suggestions, and perhaps be instrumental in making similar experiments in other cities. We should be glad to receive communications from such.



## NURSERY OBSERVATIONS.

**Self-Punishment.**—My little son, nearly two years old, is sometimes shut up in his father's closet for disobedience, as this seems preferable to being punished with the hand—at least I think so. Having been told he must not let the window-shades fly up with a report, as he is fond of doing, he one day stood by a window, fingering the cord and occasionally looking at me. I said, "No, no; mamma will shut him in the closet." He looked in my face for a moment and then let go the cord, and away went the shade as usual. He gave it one glance and then started for the closet "double-quick," and closed the door after him. I laughed outright. It was no punishment to shut himself in, while if mamma had done it he would have felt the disgrace and resented it uproariously.—*J. S.*

**A Baby with Whistling and Blushing Propensities.**—Does *BABYHOOD* care to hear of still another whistling baby? Little H., seventeen months old, attracted my attention one day by a soft little sound he was making as he sat on the floor at play. At first I could hardly believe he was whistling, but a few minutes' careful attention convinced me he was really attempting it, and in a few days, as his lips mastered more completely the necessary pucker, he was able to whistle very fairly. He never attempted a tune, but simply sounded the same note again and again. It seemed to be a favorite accompaniment to his play, but he would never do it when he thought any one was looking at him.

This same little one, up to the age of thirteen or fourteen months, was exceedingly bashful. When only eight months old he would try to cover his face with his hands or arms and *blush vividly* if any one, even though not a stranger, looked at him. We thought this most unusually young for blushes.—*L. R. H.*

**Learning to Talk Unassisted.**—As my baby grew to the age when it seemed time for her to begin the first intelligible utterances, I determined to note the progress carefully and without interference, in order that the process should be an entirely natural one. Left thus to herself, I found she did not follow at all the usual path marked out for Baby's first steps in language-lessons. "Ma" and "Pa" were not by any means the first utterances. Owing to mamma's heroic self-denial, Baby took her own time for these, which was not until she was about twenty-two months old. She began at fifteen months to recognize the cat by calling "Kit, kit, kit," and then by his name, "Jack, Jack, Jack." The syllable, thrice repeated, seemed to catch her ear and loosen her tongue. With these two exceptions she made no attempt to speak substantives of any kind. She began with words of action and of protest chiefly, as "don't" and "up" and "come on." She seemed to utter new words more quickly under the spur of anger or fear, as when her father held her near the horse, and suddenly the animal turned his head towards her, she screamed out for the first time, "Bite, bite, bite." At another time I told her to go into the bedroom and stay (as a punishment) till she would do a certain thing. She ran into the room, sobbing and screaming, "I don watto" ("I don't want to") over and over.

She was slow in learning to talk, although she seemed to understand clearly the most of the ordinary conversation carried on about her long before she took any active part in it. As she approached her second birthday she seemed to give up trying to talk entirely, and only occasionally would we hear a word. She preferred making her wants known by signs. She would not even ask for a drink as formerly, but took me by the hand and lead me to the water-pail. We were puzzled

for a time at these seemingly backward steps, but in a few weeks there was a change. It seemed to come "all at once and nothing first," and our silent baby became at once the merriest of prattlers, and talked as clearly and connectedly as other babies who had been taught to repeat words and names at ten or twelve months. I do not claim any great superiority for the "let-alone method," only that as an experiment it greatly interested me, and taught me that the patient watching and waiting for developments in growth, that are so sweetly rewarded in my flower-beds, are none the less pleasant and profitable when the growth I watch is a human flower opening in my very arms.—*Olga Otjen, Cass City, Mich.*

**A Discriminating Baby of Two Months.**—The father who describes in a recent number a baby's "discrimination between parents" touches upon so important a question in education that I am tempted to add my testimony to his as to discipline being understood by the youngest child.

I think my baby was considerably younger than his, indeed not more than two months old, when the same discrimination was distinctly noticeable. In his case it was, however, between myself and the servant. With me he was perfectly contented to lie on the sofa while I read or sewed by his side. When left to the girl, on the contrary, he allowed her to do nothing but hold him, protesting vigorously if laid down. This was when he was too young to move from where he was laid, but not too young to notice that he could manage the girl but not manage me.

I wish to say, however, that my baby was not, like the one before mentioned, accustomed to

be shaken or scolded. My discipline simply consisted in never doing anything that he cried for. If he cried to be taken up I would first amuse and talk to him till he smiled, and then take him—not before. If mothers would be a little more careful never, if possible, to obey a cry, there would not be so many babies left to the care of hired servants because their mothers find that their nerves simply cannot bear the strain of being at their beck and call at all hours, night and day. A baby belongs to its mother, and she is the woman who should take care of it, and there is no sweeter work on earth than the care of a healthy, educated baby. That babies can be educated is shown by the two examples mentioned.

I will add that the peculiarity which I have described increased in my child with every month and year of his growth. At twenty months old he spent several weeks in the same house with his aunt, and she described the contrast between his behavior in my presence and in my absence as being ludicrous beyond measure—as, for instance, when he made the girl carry him up and down the entry during the greater part of an afternoon. The idea of my doing the same thing would never have entered his brain for a moment; but he had a sensible head on his baby-shoulders, and knew perfectly well whom he could manage.—*A. P. C., Jamaica Plain, Mass.*

**An Accomplished Little Lady.**—I have a little daughter who whistled at ten months, and now at thirteen months she whistles in a strong, clear tone over her play. Her little accomplishment has made her quite famous among my friends. As she is very small for her age, it seems, perhaps, the more remarkable.—*Gladdys, Norwich, Conn.*

## A BRETON BABY.

BY MRS. BENJ. S. NEWMAN, CONCARNEAU, BRITTANY, FRANCE.

"Do, do, ma poulette,  
Ma mignonette;  
Si vous voulez."

THUS sings the Breton mother to her baby, which she holds while she sits on the step of her thatched cottage. This is Baby's dwelling-place summer and winter in this even atmosphere, that knows so little change. It is so cool for the warmer months and so warm for the cooler ones, that the mother has learned long

ago to swathe her children in flannel at all seasons.

We will borrow the baby and dress her. First she has on a knit wool shirt, high neck and long sleeves; then a flannel waist with a knit skirt attached to it. The drawers are of flannel, the stockings woollen, and if Baby is over six months old she wears carved wooden sabots over a pair of knit woollen shoes. Older children wear leather-topped boots, with wooden soles studded



with nails, and funny little tin toes. The dress is never long, and is made of heavy Breton flannel, blue or red in color; it is short-waisted, with two seams in both front and back forming a V. These seams are sewed on the inside of the waist, and give it the look of having been



fitted with extra gores. The skirt comes about to the shoe-top, and is gathered quite full and sewed to the waist. The apron is very quaint; it is made like the dress, excepting there are no



sleeves or back breadths. The cap is indispensable to the Breton babies, as there is a superstition about washing their heads if they are under four years. Sometimes these caps are of cotton cloth or crocheted thread, but at baptism a

woollen or silk one is worn, elaborately trimmed with silver braid and red ribbons.

The Breton baby's meal when hand-fed is very funny: a small china pitcher, with a nose about an inch long on one side and a handle on the other, is filled with milk; this is poured down the child's throat. If Baby is born weak in any member, a little candy or wax model of the limb is hung before the Virgin's image in church for intercession in its behalf. I have seen whole little images hanging amongst a medley of smaller parts of a child's body.

When the young Breton wishes to creep he is put down where in most places he stands the best chance, outside the house. Quite likely, if his parents are poor, the pigs and chickens stand a better one inside than he. There is only one room at best. The floor is perhaps of earth, or rough, uneven wood or stone. Even Baby's bed is not sacred, for I found a hen's egg freshly laid there but a few days ago.

To have a large family is the Breton's pride. The woman who makes my room is one of seventeen, and the story is often told of her mother's love of dancing, which continued after her second twins were born. When she heard the bagpipe tuning for the gavotte she would stand the older pair on the corner of the square and dance with the younger in her apron. She had shortly after another set, but the story stops there as to what she did with them; and so must mine, leaving the Breton mother still singing:

"Do, do, ma poulette,  
Ma mignonette;  
Si vous voulez,  
Ta maman  
Va s'en aller  
A la rivière,  
A laver de petits drapeaux  
A ton petit frère."







## BABY'S WARDROBE.

### A Freak of Fashion.

LAST year the elf who presides over the wheel of fashion was out of sorts ; so after spinning the wheel he maliciously stopped it at—long clothes for young children. Then he sent a message to Mrs. Grundy, stating that fate had decreed that all children, especially girls, from the ages of fifteen months to five years, should wear their clothes down to their heels. Mrs. Grundy noised abroad the contents of her message, and the consequences were that in a short time the fashionable mothers thrust upon the world numbers of little grotesque figures. Viewed from a distance they appeared like dwarfed Grossmütter or Grossväter. A closer inspection of their faces showed them to be rounded and unwrinkled, and their complexions to be peach-like. A few minutes of calm reasoning annihilated the apparent paradox : they were little children dressed in an unusual manner.

The new fashion necessitated a change in the little folks' gait. Instead of their natural rapid and untrammelled walk they now proceed at a laborious and methodical pace. As the child eagerly puts her foot forward she finds its motion impeded by the toes striking against the long dress ; the heels are also obstructed, in their turn, by having to raise the lower part of the dress and skirt with each step. Instead of dancing little feet we see the clothing propelled forward in two places : first in a right projection, then in a left projection. The rear view of the new gait is far from artistic ; the dress is raised in the centre by one heel and then the other, while the sides droop like the wings of a disconsolate chicken on a wet day. When a child has on not only a long dress but a long ulster also, then indeed it is an object of pity ; for, besides contending with the above impediments, each heel has to raise the additional weight of the heavy woollen ulster with each step.

In March I took lunch with my sister-in-law,

and my eighteen-months-old niece was dressed in her newest and best in honor of her aunts. As she played with her ball she often dropped it and picked it up, each time with many sighs and groans. As she is a remarkably patient child, I thought I would try to discover the cause of her complaints. I noticed that she stooped down and grasped the ball without any trouble, but, in trying to rise, she stepped on her long dress, stumbled, staggered, fell down, ejaculated "O dee!" sighed, floundered around, and at last had to pull herself up with the aid of a chair. By that time she was tired out and her face was beaded with perspiration.

Turning to my sister-in-law, I exclaimed : "Mildred's dress is so long that she trips on it every time she tries to pick anything up !" The reply was : "I see it is. That is the only fashionable gown she has. Never mind, girlie ; we will cut a piece off that dress before you wear it again. We don't care for a style that interferes with comfort, do we, Baby?" I went home congratulating myself on the possession of such a sensible sister-in-law.

I spent part of June and July among the hills of New York, and a friend with her two little girls, aged two and four years, boarded at the same place. My friend prides herself on being up with the times, so of course her children's clothes were of the length decreed by fashion. One day the child four years old asked me to run races with her. After running several times I said : "Why, I win all the races. You used to run very fast. What is the matter?" She replied : "I am sure I could beat you running, only my clothes hold me back." When playing, both children would frequently raise the sides of their clothes and wave them back and forth. On my asking them why they did it the youngest answered : "'Cause it an't so hot den."

Their mother once remarked : "I don't know what is the matter with my children this year ; they feel the heat so much. Often it makes

them quite cross, and at such times I have to take off most of their clothes and let them run about our room for an hour or two in their short skirts." Then I asked: "Don't you think their long clothes are chiefly to blame for their discomfort?"

"I don't know; perhaps so. But don't you think they look 'cute in them?"

"No; to me they seem dowdy—the clothes, I mean."

"Dowdy!" with an accent of horrified surprise. "Why, they are the latest fashion!"

"I know it, but all fashions are not necessarily beautiful."

"My little girls would look queer in short clothes when all the other children wear long ones."

"They might look uncommon, but how comfortable they would feel when the thermometer stands at 95 degrees in the shade!"

"Yes, but I should hate to have my little girls look *outré*."

The subject was thereupon dropped. In August I went to Mount Desert and hoped to find the children there in all the freedom of their usual short clothes. But, alas! Mrs. Grundy had reached there before me and laid hands on the little folks' wardrobe. While driving slowly past one of the handsomest cottages in Bar Harbor, a little maid of about fourteen months, who was on the lawn, bowed to us and kissed her hand several times. On our returning the salute she tried to come nearer to us, stumbled on her dress, and fell. Several times she endeavored to get up, but each effort entangled her more and more in her fashionable garments. Finally the nurse happened to look up and went to the rescue, and the picture changed to a tearful little maid in a grass-stained white dress. I have seen a great many little ones fall in the street as they were trying to run or jump in their long clothes. This fashion has caused numbers of cuts and bruises, besides a great deal of discomfort. Its debit side is full; what has it to show on the credit side?

If the fashionable mothers would only put themselves in their little ones' places, the new year would witness much tucking up of dresses and great curtailing of ulsters.

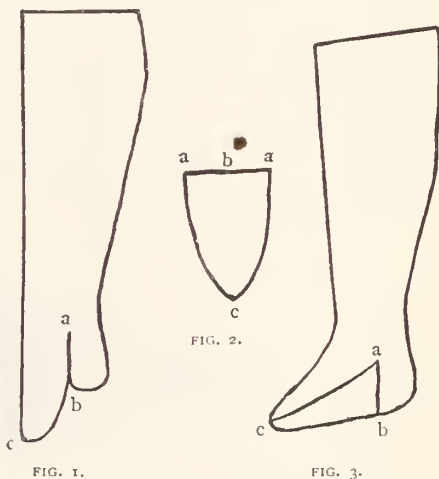
Brooklyn.

AUNT EMMA.

#### Utilizing Old Silk Stockings.

SEEING in a recent number of *BABYHOOD* some instructions for making infants' undershirts from ladies' Balbriggan hose, I thought

perhaps some readers would be glad to know how I keep my little one, now nearly two years old, in stockings. Until he was nine months old he wore white cotton socks; but all last fall and winter, and ever since then, he has been wearing long black silk stockings, which I consider quite as warm and much more comfortable than woollen ones. Now, good black silk stockings that will not stain the little feet are very expensive, and we soon found that to keep Baby's little legs comfortably covered would cost quite as much if not more than all the rest of his wardrobe put together. So when one day I found quite a bundle of old ones of my own put away to be knit into rag-rugs, I set industriously to work and made a goodly supply of very comfortable and not very home-made-looking stockings for our little man. As you use only the leg of the stocking for remak-



ing, and as on the old stocking the foot is generally all worn out while the leg is perfectly good, what you would throw away as unfit for your own future use will do admirably for Baby.

Begin to cut your small stocking down from the top of your large one, as the upper hem of the latter saves the trouble of making a new one for the small one. The stocking is folded double in the front, so that there will be no seam on that side, and is cut in a round point at the bottom, which forms the toe. Whatever shaping there is must be done at the back; a little outward bulging for the calf of the leg and a slight rounding for the heel (Fig. 1). Cut from the old stocking a piece of silk shaped like Fig. 2. Then cut straight up for an inch from the bottom of the heel (Fig. 3), about an

inch from the back, and then insert the wedge-shaped piece of stocking before-mentioned, with the widest part against the heel. This piece forms the sole.

In sewing, every stitch of the stocking must be caught to prevent ravelling, and the sewing must be very neatly done, as the less seam there is the more comfortable for Baby's soft little feet. A little practice will enable you to do this a good deal faster than you would at first imagine. Finish off across the toe, and where the sole is joined to the heel (from a to a), with a fine chain-stitch of white sewing-silk, which secures all the stitches and gives a more finished look to the little stocking. E. F. II.

*Brooklyn.*

#### Another Word about Bands.

I AM the mother of four children, the eldest now seven years old. From the first I have used the style of clothing known to readers of *BABYHOOD* as the "Gertrude Baby Suit," only I called it the "Dress Reform Baby Suit," and received my ideas ten years ago from Dr. Mary Safford, of Boston. She assured me that babies as a rule require no band after the first month.

As my babies wore two flannel suits, one of silk warp and the second of all wool, besides the little cambric slip or dress, I did not fear to follow her advice, for I felt that I could trust the *shape* of my children to their Creator, if I did nothing to hinder natural growth.

I have the testimony of all my friends that my little ones have always been strong, healthy, and well formed. They are not the rugged kind, who grow up in spite of everything; they take cold easily, and need care and watching, but they always look sound and well, and have never had a trouble which I could possibly attribute to the early absence of bands.

Every one who has seen me dress Baby, by putting on three garments as one (sleeves put together first), fastening the backs, and then adding only napkin and socks to complete the toilet, has been charmed with its simplicity, neatness, and good sense, and many have wanted the patterns. They make long faces sometimes over the missing band, but my own experience does not prompt me to heed them. My babies were all born in winter. For a summer baby one flannel suit would very likely be sufficient.

EDITH PAINE BENEDICT.

*Massachusetts.*



## SCHOOL-LUNCHES.

BY MARY DEALING BEVIER.

TO a traveller unfamiliar with the easy-going life of the Old World nothing is more striking than the contrast between the European and American midday meal. A German merchant closes his business at noon and takes a solid hour of comfort with his dinner and his family. A Frenchman stops at his *café* midway between breakfast and dinner, and enjoys a deliberate lunch with his newspaper or his

friend. But in the hurry and press of American city life nothing is so apt to be crowded to the wall as this midday meal. A business man "breaks off" at twelve or one o'clock to snatch a hurried fifteen minutes' lunch, and feels even then that he is robbing his business of just so much time. His wife, who has been shopping busily all the morning, runs into the nearest restaurant when she is almost "worn out," to

swallow a cup of chocolate and a chicken-salad. His children at school stop recitations at noon and despatch an innutritious lunch with all possible speed, in order to leave time for games, which are all well enough in their way, or for the making up of deficient recitations.

To no other class is the rushing of meals so hurtful as to these school-children. Thoughtful parents know that the long school-day of six hours, five of which are passed for the most part in active brain-work, cannot fail to be exhausting to the young bodies, which at the same time are rapidly growing into manhood and womanhood. The need at this time of wholesome, nutritious food must be apparent, but in nine cases out of ten it is very imperfectly met by a lunch of bread and butter, rich cake, and a little fruit. Leave out the bread and butter, and what is there in this meal to rebuild the tired and wasted tissues?

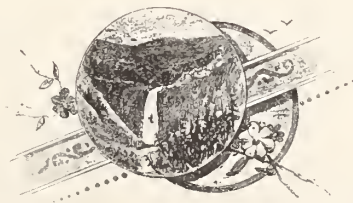
This state of things is wrong, and it depends upon the mother chiefly to remedy it. She should, in the first place, see that sufficient time be reserved from the noon-recess for the lunch to be eaten with leisure, and, secondly, that more thought be given to its preparation. She should regard it as one of her chief duties to secure a pleasing variety, at once wholesome and palatable; and this is no easy matter, for nowhere, probably, is the difficulty of providing variety in meals harder to overcome than in the arrangement of lunches. Perhaps a few hints upon this subject would be welcomed by thoughtful mothers.

In the first place, then, banish that time-honored institution, a tin lunch-box. It is handy to carry, perhaps, but in many other respects wholly unfit for use. Its closeness alone renders all food confined in it for a couple of hours unpalatable. If possible get one of the little straw boxes or baskets, which are both cheap and durable; or, if these are not easily procured, use a pasteboard box in preference to either a

tin box or a leather bag. Reserve in the linen-drawer at least half-a-dozen colored doylies, so that there need be no stinting of clean, fresh wraps. As to the lunch itself, of course the bread and butter is an unfailing stand-by, but be careful that the slices of bread are cut of moderate thickness, nicely spread, and wrapped by themselves in a napkin, buttered sides together. There should always be some sort of meat to be eaten with the bread. If cold beef or mutton sliced, wrap it in another little napkin or in a piece of clean white paper; it would be more appetizing if chopped quite fine and seasoned with salt and a very little pepper, or minced with a hard-boiled egg left over from the previous day, dressed with mustard, salt, and pepper, and made into a sandwich. A slice of cold minced collop also makes a nice change. It is prepared as follows: One-and-one-half pounds beef minced fine as for tea, with a little marjoram or thyme, salt, and pepper. Cover with water and boil two hours, stirring constantly when first put on. Let it have the consistency of thick hash when done. Slice when cold.

There could be once or twice a week a bottle of beef or mutton broth, with the fat carefully removed, the same quantity of milk, or sometimes a couple of boiled eggs. Get the little ones to dispense with the cake as a regular thing, and in its place put a cup of custard, rice, tapioca, corn-starch, or other pudding, or an apple baked without the skin, any of which could be prepared with the dessert of the preceding day with very little extra trouble. These should all be carefully packed with a spoon in the box or basket before breakfast, and not left till the last minute when there is barely time to scramble things hastily together.

It is certain that even the little attempt at variety and wholesomeness here hinted at will be amply repaid by the enjoyment, comfort, and health of the little ones.







## A VISION.

BY MRS. GEORGE ARCHIBALD.

PERCHANCE my thought was wide awake,  
Or I was dreaming, may be,  
As I sat rocking to and fro,  
My arms around my baby.  
I felt along my cheek and throat  
Her rosy fingers playing,  
And stooped to kiss the sunny curls  
About her forehead straying.

The foolish rhymes of Mother Goose  
In time and tune came springing  
To lips not made for song—and yet  
My children like my singing.  
And as I sang, a mystic spell  
Changed all the world completely—  
Another woman singing sat,  
And rocked her baby sweetly.

The woman's face, a look it wore  
Like mine ; and yet the rather  
'Twas like my baby's, larger grown,  
'Twas like my baby's father.  
And as she, swaying, softly sang,  
I saw some tear-drops falling ;  
I knew her thought, I knew her heart,  
Her heart to mother calling.

A sudden passion filled my soul,  
I longed to soothe the weeping ;  
My baby stirred upon my breast,  
My baby gently sleeping !  
The vision fled, yet well I know—  
Though I was dreaming, may be—  
Far down the future sits my child  
And rocks my baby's baby.

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## NURSERY PROBLEMS.

### Washing the Mouth—Buttons on Clothes—Suggestions as to Weaning.

To the Editor of *BABYHOOD* :

(1) How old should a baby be when the daily washing of the mouth is discontinued ?

(2) How old before buttons are used on clothes ?

(3) In weaning a baby what should be given, and should the nursing be stopped at once or gradually, and what is the proper age to begin this ?

*Elmira, N. Y.*

G. F. R.

(1) The age is not fixed. Usually when a child's salivary glands are developed, as shown by the flow of saliva, and when it uses its tongue freely, the mouth keeps pretty clean of itself. But it should be watched always, particularly after a child begins to use solid or partly solid food.

(2) It is chiefly a matter of convenience. While a child is too young to roll off from a button which hurts they are not worth while.

And later they should not be on parts of clothing from which the child can bite them and swallow them.

(3) All these points vary with circumstances. With an ordinary supply of good milk, a healthy child, well developed, and all other circumstances being favorable, probably ten months is a safe age for weaning. In cool weather is a good time to begin. The best way is to begin feeding the child milk and barley-water (or oatmeal-water if it is constipated), substituting a meal for each alternate nursing, and gradually giving up the breast altogether. If the child will not willingly feed, then the weaning often has to be abrupt, the child being taken temporarily from the mother altogether until hunger compels it to take artificial nutriment. Any variation from perfect health demands modifications of these suggestions.

**Rickets.**

*To the Editor of BABYHOOD :*

When my boy was eighteen months old we went on a visit to the States, remaining eleven months. He was a large, plump, healthy boy; had never had a drop of any kind of medicine. The day after reaching grandma's he was taken very sick, and from that time had sick spells every little while, vomiting, with fever in his head, hands, and feet. We had the doctor each time, but he seldom gave any medicine, trusting to his diet to make him well. I had always been very careful of his diet. One day I noticed that one knee seemed bent in, knock-kneed. About that time BABYHOOD spoke frequently of rickets. I spoke to the doctor, but he said that rickets was extremely rare and that I had no cause to fear it. I told him of the turned knee and took my boy to him. He said he must have a brace, and gave me the address of a firm in a city near, but did not examine the leg nor tell me what to do. There was diphtheria in the city then, and I was afraid to take our boy there, so did not get a brace. Since we returned to Montana he has not had a single sick spell, but now I see that the other knee is turned. I notice you have advised others who asked about rickets to consult a physician. There is none within fifty miles, and very likely he would say as the other did. When will a child be likely to outgrow the tendency? What should I feed him? He is nearly three years old, yet wets his bed almost every night; often when we take him up during the night we yet find him wet in the morning. He rolls a great deal and is generally uncovered, so I have him wear plenty of night-clothing. He frequently wets in the day-time, and I punish him in different ways for it, but it seems to do no good. When at play he never tells us, and, when I ask him, will say no, he does not want to, and at the same time will probably be wetting himself.

I have a little daughter a year old. Until she was ten months old she was nursed entirely. She had always been very loose in her bowels, every napkin being soiled slightly. At ten months I began feeding her diluted milk, with flour-ball, and sometimes Soluble Food. She became constipated at once and has continued so. By following advice given by Dr. Starr in April BABYHOOD she has a passage nearly every day without injection. She has four upper and two lower teeth. Is that right for her age? I see no signs of any more. Both children have very little hair, and what they have is very light in color, though eyelashes are darker. Owing to our severe winter the baby was not allowed on the floor till a short time ago, so does not creep much. One ankle seems turned, though it may be the way she holds it. I fear for her, as the boy's knees are so turned, and any advice on his trouble will probably help Baby too. If a brace is necessary, do you think one could be sent without seeing the child? E. A.

*Melville, Mont.*

You have evidently carefully reported the condition of your children, for you tell with professional accuracy the story of the development of rickets. You also point out a peculiar habit of some physicians, who refuse to recognize rickets until its marked deformities have appeared. It is probable that the boy ought to have a brace. Rickets is most active during the latter part of the first year and during the second

year. After that it diminishes in force. But it is not to be understood that "outgrowing the tendency" means outgrowing the existing deformities. This sometimes occurs; usually it does not. For diet we must refer you to Dr. Holt's extended article in the March number. You have this advantage, that rickets is less frequent in places high above the sea than in valleys, and your elevation is probably considerable.

The younger baby is somewhat backward with her teething. A brace could be sent if you would make a tracing on paper of the child's limbs while it lay on its back on the paper, and also mark the circumference in inches at various points—ankle, calf, knee, etc.—and send with your measure to the instrument-maker a well-fitting pair of shoes. Of course this would not be quite so good as going to see the instrument-maker.

**Hoarseness—Water in the Ears—Wheeling Baby—Confining the Feet—Catnip-Tea.**

*To the Editor of BABYHOOD :*

(1) Is simple hoarseness, not the result of violent crying and only occasionally noticeable, indicative of fresh cold?

(2) Is it hurtful to the ears to allow Baby's head to lie sufficiently low in her bath-tub to admit of the water remaining in them?

(3) Is there any special virtue in wheeling Baby in her carriage? If set to rest in some desirable spot, is Baby's outing as beneficial to her as though mamma's time were given to carrying or wheeling her about?

(4) Does BABYHOOD approve of the plan of leaving tiny feet unconfined by little shoes until the wee one attempts to stand?

(5) Is catnip-tea loosening or binding?

*Mendocino, Cal.*

E. B. S.

(1) Not always. Better inquire into the state of the stomach.

(2) It depends very much on how perfectly you get the water out. Salt-water bathing often causes trouble if the ears are filled. We do not happen to know of a case where fresh water has done so, but it may do so.

(3) The sunlight and air are the desiderata; the wheeling is usually of no importance to the baby after a suitable place has been reached, unless it be a baby that demands constant change of scene.

(4) Yes, a wide, warm stocking is enough until the baby begins to use its feet for walking or creeping.

(5) Neither, unless so much of the tea is given that it acts by bulk as a laxative. Catnip-tea relieves colic, and by so doing allows the bowels to move or not as other conditions may determine, so it may at one time seem to be loosening and at another binding.

**The Flow of Milk the First Days after Delivery.***To the Editor of BABYHOOD:*

Will you please tell what is best to be done the two dreadful days after birth, "before the milk comes"? If there is to be none, would it not be as well to feed the child at once? Why is there such a break in an infant's nourishment?

*San Francisco, Cal.*

E. W.

Those days are not always "dreadful"; indeed, we think they rarely are so in this day of good nursing. That the absence of the milk is not a detriment to the baby may be inferred from the fact that most living things in nature are adapted to their surroundings, and also from the following facts. Not only infants but all young mammals pause in their growth for a few days, perhaps for a week, after their birth, and they may absolutely lose weight. A similar delay is noticed in newly-hatched chickens, which, of course, never depend upon the mother for food. The experiment has been tried, in a series of cases, of putting new-born infants to the breasts of women who had been delivered a few days previously and whose flow of milk was established. These children all lost weight like others. The cause of this loss is not certainly known, but is believed to be due to the fact of the establishment of respiration and the necessity of the child's furnishing its own heat instead of getting it from its mother. More tissue is burned up until the new order is established. If during those days the child is kept warm and its thirst quenched with warm liquid, it generally makes little complaint.

**Hair Falling Out after Confinement.***To the Editor of BABYHOOD:*

In behalf of some of my friends as well as myself, I want to know if BABYHOOD can give me any information regarding the prevention of the falling out of hair after confinement? I have very heavy hair, but after the birth of my little boy, two years ago, I lost fully one-fourth of it, and it has not grown in to any length since then. Now, a frequent recurrence of this would be most disheartening. Is there any known treatment of the scalp, either before or after confinement, that could prevent this?

*Des Moines, Iowa.*

M.

We know of no way of preventing this peculiar fall of the hair, which is of very common occurrence, and very similar to that following severe illness, particularly if attended with fever. Fortunately the hair usually returns as fully as before; but as a very long time—many months or even some years—is required for it to gain the great length seen on some women, the frequent recurrence of pregnancy might prevent its reaching its original length. Applications to the scalp are useful if there is a recognized dis-

ease of the scalp; but in cases where there seemed to be no local disease we have not been able to see that the growth of the hair was more rapid after using the most approved local applications than in those instances in which none were used.

**Diet at Twenty-two Months—Sleeplessness—Word-Teaching—Whooping-Cough.***To the Editor of BABYHOOD:*

(1) My little girl is twenty-two months old. She has been fed cow's milk, diluted, all her life. She now lives upon soft-cooked eggs, bread or crackers and milk; at dinner a few potatoes, chicken-gravy, or a little rice. Very often she eats only an egg and some boiled milk and cracker. All summer she was much troubled with indigestion and "summer complaint." She seems better now. While she was so bad I fed her boiled milk prepared with "Fairchild's Peptogenic Milk Powder," and but very little else. She gained very little last summer; weighs twenty-six pounds. She is active and seems well now. I keep her out-of-doors all I can. Am I doing right with her? I am of a very nervous disposition, and I fear she has the same. She has only twelve teeth; is cutting her eye and stomach teeth now.

(2) What shall I do to get her to sleep early? She goes to sleep about nine and gets up in the morning about half-past six, and takes a nap of about one-and-a-half hours in the afternoon. Is this sleep enough? I have had trouble all her life to get her to sleep at night. I have tried every way I know. She generally does not fret, but just won't go to sleep.

(3) Do you think her too young to learn words? She likes to have me print words on paper, and in this way she has learned several. I thought perhaps she might continue this, until this winter she could begin to put words together. I should not make it a task or urge her too much to study, only let her cultivate her powers of observation in this way.

(4) Whooping-cough is at our door and I fear it will be impossible to avoid contracting it. Is there anything I can do to make it easier for my baby or in any way shorten the period? She has swollen tonsils and coughs, from cold, in winter.

*Chemana, Oregon.*

ANXIETY.

(1) You seem to be doing about all you can; be a little wary about the potatoes for a child who has had bowel-trouble.

(2) She has probably sleep enough. If you desire her to go to sleep earlier, the only suggestion we can make is that she be undressed some time before the desired hour of sleep, so that she will become calmed after her play, and then drowsy. A warm sponge-bath of feet and legs favors the drowsiness.

(3) She is not too young, if the learning of words is simply an amusement. Let it be done always by her desire, otherwise there is danger of its being overdone.

(4) Whooping-cough is sometimes mitigated by judicious medication, but this is beyond the



range of domestic practice. Good care, avoidance of chills and draughts while plenty of fresh air and sunlight is had, care in feeding, etc., all help to diminish the severity of the attack and of its sequels.

### Alcohol as an Application to the Skin.

To the Editor of BABYHOOD :

(1) Will you kindly tell me of what value the rubbing of a baby's back and limbs with alcohol is? Should the alcohol be used pure or diluted?

(2) Is there no danger of the baby's inhaling the vapor?

G. M.

New Jersey.

(1) Unless ordered or used for some special ailment or weakness, we know of no value. A child in health needs only soap and water for cleanliness, and a warm, dry hand to warm its skin. If the skin for any reason needs a stimulating and astringent application, alcohol may serve.

(2) A very susceptible child might feel the influence of the vapor of alcohol used in this way. We have known monthly nurses of the old type who demanded several varieties of spirits, for different parts of the body. This, we believe, was mainly to magnify their office.

### Feeding a Premature Child.

To the Editor of BABYHOOD :

(1) My baby was a little seven-months-baby, weighing only four pounds at birth, and now at five months weighing but ten pounds. Has he gained as much as he ought to have done under the circumstances?

(2) Since the third month he has been artificially fed, taking ten tablespoonfuls or more at a time of Nestlé's food every two hours in the daytime and two or three times at night. Is he fed too much and too often?

(3) Should he be considered and treated, as regards his food, as a five-months or a three-months-old baby?

(4) What proportion of milk and water, quantity and frequency, should be given if milk was substituted for the food?

Chicago, Ill. AN INEXPERIENCED MOTHER.

(1) The gain seems very satisfactory, his weight being two-and-a-half times what it was at birth.

(2) Probably you could begin to widen the intervals with advantage.

(3) It is not easy to say for how long and how much allowance should be made for premature birth. We think it safe to make an allowance, gradually diminishing, until the end of a year, and longer if the child is feeble. Your baby at five months, for instance, could be considered a four-months baby; at ten months, as nine-and-a-half. This, of course, is only approximative, and the real guide is the condition as to strength, etc., of the particular baby.

(4) See table in May number, page 198.

### Dirt-Eating.

To the Editor of BABYHOOD :

Is there recorded in the annals of babyhood any account of a child who delights in eating dirt? My little boy, now nearly three years old, seems to have a craving for sand, plastering, coal, and even chews up pieces of brick and rock, or anything of that nature, with evidently the greatest relish. So far as I can judge he never has injured himself by doing it, but has seemed to be benefited in this way, as, if his bowels were constipated, the dirt would set them right. But I feel as though such an abnormal appetite might indicate something lacking in his food. Since he was weaned, at nine months old, he has lived chiefly on milk and lime-water, bread and graham crackers; has been given rice soup, finely cut fresh beef and steak, and in cool weather some kinds of fruit, but he has never been able to eat, as many children can at his age, without being sick. Two physicians to whom I have mentioned his peculiar appetite suggested it was caused by an acid stomach, and that lime-water would correct it; but when told that lime-water had been part of his regular diet since he was nine months old, and that he had been unusually free from "sour stomach," if his breath was an indication, they did not make any further suggestion. I have questioned several mothers on the subject, and find some who have had a similar experience with their children, but no one seems to explain the cause or the cure. One mother whose child was fond of eating dirt was said to keep a box of clay near at hand, and, when her child was very fretful, would give him a piece of clay, and he would eat it and be content. I have never encouraged the appetite, and never persistently fought against it, because it did not seem to occasion harm, and the child was so eager to eat the dirt that I thought it might be he *needed* it; but if you can suggest a substitute that will answer the same purpose and be a little more civilized diet, I shall deem it a favor.

S. P. M.

Washington, D. C.

The disease or morbid condition you describe is well known and has the medical name of pica, but is more common in older children or adolescents. In young women it is often associated with the disease known as chlorosis. The dirt-eating is akin to the taste for slate-pencils and the like often seen in older children. The cause of the morbid appetite must be sought for in each case. Usually it will be found in connection with the digestive process.

### Condensed Replies to Various Letters.

E. E., New York.—You need not wait for more teeth before giving your baby the milk. If this agrees you may let him begin to chew bread which is not fresh. Postpone the potatoes for a while. Teach him to chew the bread well before giving any other solid, and begin by preference with a crust, as that must be chewed before swallowing.

E. P. S., Boston, Mass.—If your oatmeal gruel is made with milk it will be probably nutritious enough; or, perhaps, she will drink milk and water or gruel alternately, or milk mixed with the gruel. We judge that gruel without milk



is perhaps not enough. She may have the beef-juice. If you give the apple for constipation, try a baked apple first. If it is insufficient, try the scraped pulp of a raw apple. She is too young to have an apple to bite. She ought easily to go from 6 P.M. to 6 A.M. if asleep. If she wakes very early she will be hungry in a half-hour probably, and may need something earlier than 6 P.M.

*G. L. E., Townsend, Mass.*—(1) The condition is wrong for a nursing woman (or any woman, for that matter). The treatment needs to be specially directed for each case by a physician. (2) A generous mixed diet is best. We do not believe in the fruit diet at all. Fruit is a good adjuvant. But as an exclusive diet it is insufficient, all stories to the contrary notwithstanding.

*F., Sing Sing, N. Y.*—Unless the child evidently needs more food than your breast yields, we see no reason for changing diet till cooler weather. Then add some liquid food in addition to the breast.

*G. E. H., Windham, N. Y.*—Nestlé's food

is one of the better class of foods, and, if it agrees, may be safely used. The question of rickets cannot be decided on the backward teething alone. You do well to be watchful in the matter.

*H. O. M., Boston.*—The persistent colic and the seemingly very good nutrition show this to be one of the cases that have given rise to the old nurse's proverb that colicky babies always do well. Of course we know that colic is not an advantage, but many children do thrive in spite of an enormous amount of discomfort from this source. The tongue-tie might favor the swallowing of air, but as it is but slight we can hardly think it to really be the cause of the trouble. We do not think your milk too rich, but it may disagree. We should not yet despair of remedying the ailment. So long as the child thrives as to growth and as to condition of bowels we should hesitate to wean it. If the trouble is so persistent as to give you constant anxiety before weaning, try peptonized milk (Fairchild's powder is a convenient method) for an occasional meal, then alternate meals as a preparation to weaning. Perhaps the rest you will thus gain will make your own milk better.



## THE MOTHERS' NOTE-BOOK.

### The Mother of Emerson.

"RALPH WALDO EMERSON and his Maternal Ancestors," a modest volume among the publications of the current year, well repays the few hours required for its perusal. But as many mothers may not have the opportunity of reading it, let me glean from its pages what best indicates the home-training of this distinguished man.

Ruth Emerson, herself one of a beautiful family of sixteen children, had enjoyed many advantages of birth and education, and when married at the age of twenty-eight was singularly qualified for her work as pastor's wife and mother. At six years of age an older brother of Ralph Waldo spent some time with an aunt, to whom the mother writes to ask that he be taught "those four lines out of the primer":

"Be you to others kind and true,  
As you'd have others be to you;  
And never do or say to them  
Whate'er they would not take again."

She also writes: "I have perceived sometimes in him a desire to evade prompt obedience. I hope he will not discover anything of this sort to you. It is very probable that I am myself wholly to blame for this appearance."

This mother demanded much of herself, it is evident, and naturally did not wish her son to be indulged in habits of selfishness or helplessness. "He at times seems, through indolence, not disposed to help himself to many things which he is quite able to. For instance, if he finds any person inclined to wash and dress him he will choose that they should do it entirely, when with very little help he can do it wholly himself. I much prefer that he should wait on himself, and on others too, in everything that he is equal to."

We have no letters about little Waldo, but are told that he had the habit of sucking his thumb at night, to correct which his mother made a mitten to his night-dress; and also that he possessed

a fine memory, and early learned to repeat a part of the dialogue between Brutus and Cassius,

"Franklin one night stopped at a public inn,"

and

"You'd scarce expect one of my age  
To speak in public on a stage."

There is a charming letter of personal reminiscence of life in the Emerson family, written by a lady, still living, who was in girlhood a member of the family for several years. She recalls that "the family breakfast three mornings of each week was simply chocolate and toast, bread without butter." Mrs. Emerson's letters do not leave little Sammy's diet out of mind, for she writes his aunt: "You agree so exactly with us respecting a milk diet for children that I shall not fear his having anything else more than once a day meat or broth."

The habits of dress were equally simple, the old lady quaintly recalling that she did not "use to think the yellow flannel in which Mrs. Emerson's babies were dressed by day as well as night pretty enough for such pretty boys." But what could we not afford to sacrifice in the way of dress to gain a portion of Ruth Emerson's tranquil spirit, which must have made this home a lovely one?

"The daily duties and cares of domestic life never seemed to annoy her. I do not remember ever to have seen her impatient. She certainly must have exercised great self-control." Those undisturbed moments, invariably observed, of retirement to her own room for reading and meditation when breakfast was over, are one secret of this tranquillity. Yet Mrs. Emerson's character was no less a strong than a sweet one, and her years of widowhood, in which the four boys grew into promising manhood, as well as her serene old age in the home of her famous son, are good to read of. Hers is a character one must admire, and the likeness between the portraits of mother and son, almost startling as it is, impresses anew the old, old truth of parental responsibility and opportunity. J. S. V.

*Chicago.*

#### The Bond of Sympathy.

A MOTHER, noted for her lovely family, said: "I not unfrequently have to say to one or the other of my family: 'It was I more than you that was to blame to-day. You did a careless thing in stopping so long with my errand, while I did a wrong thing in speaking so impatiently of it.' Or, 'You were careless in losing your purse; I was wicked in losing my

temper.' " This spirit made a humanizing bond between mother and child.

A bright "Good-morning!" from the mother and father gives tone to the child often for the day. The placing of a flower at the plate of a child often turns the whole tide of affairs for the day, assuring it of thoughtful love.

Each day's trials should be settled each day, no punishment ever hanging over from one to another. The little soul should be at peace at the end of each day, with a fresh chance to begin anew every morning.

Sarcasm should never be used with little children. A gossiping old woman said to my four-year-old boy: "I guess you don't love baby-sister." I think I will take her home with me to live," etc. A sharp blow at her nose brought her to a sense of care in her statements to this four-year-old, who meant always what he said, and supposed others did the same. E. A.

*Northboro, Mass.*

#### Threatened Punishments.

AS the skin of the hand becomes callous soonest in those places most frequently pressed upon, and is most callous of all in the laborer who uses his hands constantly, so do the feelings and emotions lose sensitiveness if constantly drawn upon. Callousness may be developed in children in various ways. One common cause of it is the making of promises to them that are never kept; in some cases not intended to be kept. It makes little difference, so far as the result is concerned, whether these promises relate to prizes or punishments. A promise made should be kept, even at a considerable sacrifice of personal convenience. To fail in it is to beget an uncertainty as to what promises mean, that ultimately results in indifference. It is not uncommon to meet with parents who are not above desiring to secure the discipline the fear of punishment may inspire in their children, but who, when the lines of an issue become firmly drawn, weakly permit the substitution of a lighter penalty. It is the misfortune of some to see their own children come to count upon this vacillation as a certain and natural step in the governmental process.

A friend of ours whose wilful child received no wholesome discipline at home, and the occasions of whose appearance elsewhere were fraught with no slight concern to all others, was in the habit of rebuking her daughter's many lawless acts with "O Mabel! you make mamma so ashamed, she feels as though she

would sink through the floor." On one occasion, when her daughter had been guilty of a particularly glaring rudeness, the mother repeated again this stock rebuke, when, to the amazement of all, her daughter turned and replied, mimicking her mother's tones, "Well, mother, I guess this time *you'll have to sink!*"

*New York.*

W.

#### A Source of Selfishness.

THE restless over-anxiety of parents to excite and amuse very young children often cultivates the most selfish propensities. When a child finds himself the object of the exclusive attention of those around him he will in time rely wholly upon them for his entertainment, and regard them as present for no other purpose than to gratify his desires. His self-esteem becomes daily more vigorous and exacting; and the mother who lavishes all her affection upon his gratification, in the hope of a rich return of love and regard, is disappointed in reaping only indifference and wilfulness.

Let the parent exercise a salutary control over the manifestations of the selfish desires of the child, firmly opposing what she feels to be wrong, keeping in mind the principle that every faculty is strengthened by exercise on its own objects, while at the same time cheerfully bestowing every means of legitimate gratification, and she will be rewarded with confidence and affection in return.

E. H. B.

*Newport, R. I.*

#### Children's Books.

I WONDER what Solomon would have said could he have paid a visit to a modern book-

store. Certainly his first thought would not have been that he would have trouble in making a selection from the multitude of volumes; and yet, notwithstanding the heaped shelves devoted to children's books, I think it is a very hard thing to find suitable matter for children five years old.

I will not torment myself with poorly-written books, and that cuts out about half of all those that are published, for many writers for children apparently think that the style in which they write is of no consequence at all. For example, take the grammar in many of the popular books. Of what use is it for me to tell my children that they must not say "you ain't," if they have books in which all the children use that and similar expressions?

Neither will I read to them the doggerel which seems to be considered the proper thing to fill most books of so-called poetry for children, and my little girl of five enjoys the simple poems in "Child Life" just as well as she would ridiculous twaddle, and with much better after-effects.

The perennial "Susy Books," by Mrs. Prentiss, are always good, and I never saw a child who did not enjoy them. Mary Howitt's "Children's Year" is a great favorite in our family, as is also "Christmas Morning," by Mrs. Diaz. H. H.'s "Letters from a Cat" are charming reading for the child too young to enjoy "Nelly's Silver Mine." "The Kitty Brown Books" and "The Tiny Books," by Miss Phelps, are very good, with the exception of one volume in each set which would plunge any conscientious child into an altogether unnecessary theological slough of despond.

F. M. W.

*Detroit, Mich.*

## THE MOTHERS' PARLIAMENT.

The Mother who is "Tired of Leedle Cheeldren."

To the Editor of BABYHOOD:

There is at least one of the readers of your magazine who, if she does not sympathize with, at least understands, the German woman's exclamation of "Leedle cheeldren! leedle cheeldren! O mein Gott! I am so seek of leedle cheeldren I don't know *what* to do." It has often occurred to me that many of the writers for BABYHOOD must be mothers of *one* baby, or

mothers with a nurse for each child, or mothers whose babies are all grown up. These mothers, with time to get up new kinds of fancy baby-baskets, to pad cribs, to make elaborate afghans and pillow-slips, and who have leisure to worry about the shape of Baby's finger-nails, the color of his hair, and the prominence of his ears, are, I confess, a greater mystery to me than the poor, tired German woman. Of course these things are well enough for those who do have time, but I should enjoy hearing from those who are in the

thick of the battle, who have to fight with small strength, inefficient help, and arms full of "leedle cheeldren."

In America, particularly among the wives of professional men, there is many a woman whose *position* demands that she be a "lady," always ready to receive calls, to accept an invitation, to have a friend drop in to dinner, and to throw her house open for societies and sociables, but whose *income*, with equal persistency, demands that, aided by one stupid servant, she be house-keeper, cook, seamstress, and nurse-maid. She begins with a great deal of energy and ambition. She will be a thorough housekeeper, she will do her part in church and society, she will keep up her music and French, she will read the current literature and enough in her husband's line of study to be always companionable to him. She will not, like poor Mrs. A., drop out of everything merely because she is married. It is difficult enough with two in the family, but she manages; the first baby comes, and for three or four weeks life is just complete. She does little but care for the blessed infant.

At length the time comes for nurse to leave, and mamma again finds her way into kitchen and pantry. Now trouble begins. She is weak, and it is too exasperating to find dust and cobwebs in the cupboards, the bread-can mouldy, all the jelly eaten, handles off the tea-cups, tinware rusty, and her best towels cut up for dish-cloths. She is not yet hardened to such things, and sharply upbraids Bridget, telling her all this must be changed. To her surprise, Bridget at once agrees with her, saying she doesn't like to live where there is a baby—there is too much washing and ironing—and she will leave Saturday night. Now the mother works all day, and Baby cries half the night, so that she finds herself more weary in the morning than when she went to bed.

Finally her new girl is "broken in"; Baby sits alone; she goes to church, opens the piano, intends to invite some company, and papa says it seems like old times once more. The next piece of news is, Baby is soon to have a successor. She is sensible and accepts the situation. She looks up a nurse-girl, and, though she must economize in every way to afford this additional expense, she does it cheerfully for the sake of knowing Baby is well cared for while she is laid aside. She soon discovers that last is a mistaken idea. She must "stand right over" the girl, or Baby is only half-bathed and half-dried, he is fed sour milk, left in draughts, has the scissors to play with, and is covered with bumps and bruises.

What wonder that her only thought for the new-comer is, "It takes all there is of me to care for one baby; what *shall* I do with two?"

When little sister comes she takes her brother's cast-off clothes, and as few of them as possible, for fear Jane will follow in the footsteps of the departed Bridget if the washing increases. So much attention must go to No. 1 and his nurse that No. 2 and her nurse are left pretty much to their own devices. The mother's recovery is slow, and when the nurses are gone she is a tired, discouraged woman who, with two babies in her arms, must face the endless round of duties. She doesn't die. Like Telemachus, the gods preserve her for worse things. The babies keep coming and the work piles higher and higher. She never has an undisturbed night's rest, she never takes a meal in peace. She does her hair in the quickest kind of a knot, and almost lives in a wrapper, while her wardrobe gets out of order and out of style. However, that matters little, for her calls are unreturned. She rarely goes to church and never to an evening entertainment. Mending has usurped the place of fancy work, and her accomplishments are among the lost arts. Her few letters are hasty scrawls; and as for reading, why she can't read even the Bible and the newspaper! Papa is unable to study with the children about, and, as they must be with her, she is obliged to give up her husband's society. Sometimes she has poor help, sometimes she has none. When it isn't mumps it's measles; when it is not poison ivy it is green apples; and teeth—it's always teething! There are accidents and quarrels, crying and scolding, noise and confusion, from morning till night, from one year's end to the other, and no rest.

What wonder that she feels "walled in" by children and that she longs for a glimpse of something outside? And the worst of it is, after sacrificing herself completely for the sake of her children, there are so many one must be pushed aside for the other, and none have proper care and attention. This contrast between what she is able to do and what she feels ought to be done is, to a conscientious mother, most disheartening; and for an intelligent woman to feel that she is degenerating into a mere drudge is most irritating. To cap the climax, people remark on how faded and old she has grown, how unamiable and uninteresting she is compared to what she used to be!

This is no fancy sketch, but it is too doleful a picture to draw, however true to real life, were it not to show that there may be some excuse for



women who are "tired of children," and in hopes that the wisdom of *BABYHOOD* can find some relief for these ills, as it has for so many others. I will only add that while writing the above I have answered, entirely to my satisfaction, the question why mothers of several babies are so seldom represented in these pages.

*Kinderville, Ohio.*

EINE MUTTER.

### Mothers' Meetings.

*To the Editor of BABYHOOD:*

In the Mothers' Parliament of October the question is asked, "How can mothers' meetings best be conducted?" Our little plan has been so simple, and thus far so successful, that, without claiming for it any superiority of method, it may not be without suggestion to those who are inquiring the way. We have a little coterie of mothers whose brains as well as hearts are deeply engaged in the problem of how best to serve the children entrusted to them.

At the start we met with the trite objection from those who were unwilling to share the responsibility or to assume the attitude of learners, that "meetings" among women were too rapidly multiplying, and that the time spent in attendance upon them might better be devoted to the children at home.

To avoid any substantiation of this charge we determined to appoint but one meeting each month, and to make of the occasion such recreation as every mother needs from nursery cares at least once in that period of time. The meetings are conducted and the plan was originally devised by women whose leisure and capacity for study of the subject best qualify them to direct the thoughts of others. Whenever practicable they are held—first securing the cordial approval and permission of the home-keeper—at the homes of such mothers as are too closely confined to spare even the one monthly meeting out. The consciousness of being hostess, and the involuntary tribute of her own presence, awaken, without an exception, an interest on the part of these mothers in the subject discussed, however novel or unthought of the latter may hitherto have been.

I append the outline which we have adopted as our regular order of exercises:

1. Prayer.
2. Reading by the presiding officer of some timely and interesting article on the general care and management of children.
3. Questions from the mothers.
4. Reading by the presiding officer of a second article on the general management of children.
5. Adjourn.

The questions should be written upon slips of paper, and prepared, if possible, before the meeting. They should be laid upon the table, under the hand of the presiding officer, by whom they should be carefully examined. Having selected such as may seem profitable and rejected those which are irrelevant or objectionable, the presiding officer may place them in turn before the meeting for discussion. The questions may bear upon any phase of the subject, whether physical, moral, or intellectual; and it is especially urged that no question shall remain long without a satisfactory answer. Should discussion become protracted and without useful result, the presiding officer shall make it her duty to tabulate such question, and report accurately upon it at the next meeting, availing herself only of the most reliable information obtainable on the subject.

At our last meeting the articles selected for reading were "A Chat with the Indigent," from *BABYHOOD*, September, 1887, and "Be Patient," January, 1887. Piles of *BABYHOOD* for reference are also kept at the hand of the presiding officer. The questions brought upon slips of paper immediately open discussion, and no time is lost in unproductive chatter. Mrs. Beauchamp's Parliamentary Manual (5 cents), obtainable from the W. C. T. U. Publishing Association, 161 La Salle Street, Chicago, Ill., has been the disciplinarian by means of which we have learned to do things "decently and in order." A touch of the bell or tap of the pencil brings back the wandering, and we really do "accomplish something."

It is surprising and pitiful to hear aired on these occasions fallacies of the most pernicious sort by women of more than average intelligence, while the look of wonder, attention, and finally conviction which one marks on certain faces after the clear exposition of a wiser mother of the "Parliament" brings the cheering assurance that the time given has not been in vain. More comfortable babies, better forewarned children, more confiding and confident sons and daughters must be the results.

Prominent in our code of morals is the adjuration:

Never leave a child at home ill, unattended, or exposed to evil influences, in order to attend these meetings. Unless there be aunt or grandmother or trusty nurse, unless the little charge be healthfully tucked in bed or secure from harmful associations, your duty is not here.

Insurmountable hindrances of this sort are, however, rare, owing to the infrequency of the meetings.

It is needless to add that social distinctions are neither encouraged nor permitted. The common ground of motherhood, the essential attitude of learners, the cheerful aid of the better instructed, and the willing acceptance of the less fortunate are imperative elements in the success of these meetings. The first gospels that we preached were the fruit diet for prospective mothers, and the "Gertrude Undergarments," for which babies will rise up and call us blessed.

Newark, Del.

E. S. C.

**"Training for Maternity," as Practised by a Boston Association.**

To the Editor of *BABYHOOD* :

Reading in the August number the article with the above heading, it occurred to me that other women besides the writer of those sensible thoughts will be interested in a brief statement concerning an association in Boston of a score or more of young women for the purpose of studying all things connected with the care and training of children. Its organization was based on the following sequence of ideas :

The largest part of woman's life-work is, from her nature, connected with the care of the young. Whether mothers or not, there are few women who do not at some time bear the responsibility, in whole or in part, of some child's training.

As the characters of men and women are formed during childhood, and largely by those who have the care of them, and as the elements of those characters descend by heredity through generations, it follows that the influence exerted by women in this direction is illimitable.

To study how best to fulfil the trust involved is of supreme importance, inasmuch as the harmful influence of ignorant training is equally far-reaching.

Of the women composing it fully half are unmarried, and some are by no means facing the prospect of immediate marriage, but very sensibly look upon this study as a proper and important part of every woman's education—a part which, *mirabile dictu!* is ignored in the usual curriculum. These women call themselves "Women in Council," and meet once in three weeks to read, hear, and discuss papers and exchange information and opinions. Fortunately, they have among them several who can contribute the assistance of special study—two or three physicians, a couple of kindergartners, a teacher of physical culture—and they have not found it at all difficult, after making known their purposes, to obtain papers from others outside able to instruct them, so that since they organized, in March, 1885, they have had helpful papers on many subdivisions of this large subject—the physical, moral, mental, spiritual as-

pects. They consider all departments of the subject, the same as *BABYHOOD* does, only they intend to take the children way beyond infancy. The annual assessment being but fifty cents, there is of course no fund sufficient to pay for any of these papers, and their good fortune is due to the recognition of the worthiness of their work and their alacrity in snapping at good morsels of mental food.

The meetings suffice to stimulate thought, and books read between the meetings supplement the work done there. They have a small library, which they intend to enlarge till they can circulate books by mail among those who cannot attend the meetings. It is perhaps needless to say that they have *BABYHOOD* from its first number. These are all busy women, but I think they count as gain all the time they give to it. I wonder if among the readers of *BABYHOOD* there are other associations like this, the officers of which would value corresponding connection with ours for the exchange of papers, perhaps, and mutual aid? PRESIDENT W. I. C.

178 W. Brookline Street, Boston.

**A Word of Thanks.**

To the Editor of *BABYHOOD* :

One of the sweetest, freshest messages from *BABYHOOD* I have ever received is "A Chat with the Indigent" in the September number. I would like to thank "E. P. B." personally for her words of good advice and cheer. Long shall I retain the pleasant impressions made by her account of the picnics with her little ones across the Boston Harbor draw-bridge, which she so wisely found time to undertake, instead of fretting herself indoors with unnecessary housework and making lines of petulance and irritability grow permanent about the mouth, which, for the dear babies at least, should ever be smiling and peaceful.

What a glorious mission does *BABYHOOD* fulfil when it wafts words of admonition and experience from one overweighted mother-heart on the coast of New England to another heart in the far south on the Gulf of Mexico, thus linking together in one tie of common interest the mothers all over this vast land!

Mobile, Ala.

H. B. T.

**"Shunning Maternity."**

To the Editor of *BABYHOOD* :

I would like to ask for opinions of the "American Mother's" ideas as expressed in the following letter, which I clip from the Philadel-

phia *Press*. Can it be that her sentiments are those of "thousands of her American sisters"? If so, we mothers who love BABYHOOD must be dreadfully out of fashion. Are we really making a mistake in devoting time, thought, and interest to our children, rather than "improving our intellect" or "taking drives with our husbands"?

#### SHUNNING MATERNITY.

AN AMERICAN MOTHER'S ANSWER TO DR. HAMMOND'S ARGUMENTS.

To the Editor of *The Press*:

SIR: Having read an article on the above subject in last Sunday's *Press*, I imagine that a woman's and a mother's views of the same question may not prove uninteresting. While I do not dispute the author's conclusions in regard to the causes that may lead the woman in society to shun the cares of maternity, there are other causes at work, out of the pale of society, that govern the great majority of American women.

It is true, education is a most influential factor. Improving the intellect, it naturally creates a desire on the part of the wife to be a companion and friend of her husband as well as his housekeeper and mother of his children. We all know that with the care of a large family this is well-nigh impossible. Fretful, sickly, or troublesome children (and all children are more or less troublesome) demand the entire care and attention of the loving mother.

She can no longer join her husband in his walks or drives; no longer read with him the books so valued by both, and enjoy the discussions arising therefrom. Many a day there is no time for even a peep at the daily news. Under these circumstances is not the husband apt to find his home less attractive?

While some fathers (to their honor be it said) share the burden imposed upon the wife, there are others who, unwilling to bear the continual fretfulness of a delicate infant, will leave the house, preferring any place to home.

Again, do not parents owe a comfortable support to their offspring? Is it just to usher a number of helpless beings into the world and throw them upon its charity? If young people are to wait to marry until able to support a family, I'm afraid that marriage will go out of fashion altogether.

Yet again, the great preponderance of women over men makes it an absolute necessity for the former to provide for themselves, and in the struggle for life a woman generally arrives at the conclusion that maternity is not what she was especially created for, her ability to care for herself naturally inducing that spirit of independence which Dr. Hammond seems so feelingly to regret when displayed by the weaker sex. In conclusion, why should a woman desire many children? She knows not whether they will turn out good or ill; whether they will become a blessing to her old age, or a curse to embitter her dying hours. For this questionable good shall she be ready and eager to bear all the anguish of maternity, spend all her comparatively youthful years in child-nursing (not to mention its cares and anxieties), to the utter and unavoidable neglect of everything else, and at last, broken down in health and spirits, be thankful for a rest in the grave that she cannot have on earth?

America will hardly suffer by any diminution of its population. Every avenue of business is already becoming so crowded that the fight for existence is

pitiful, and she who does *not* add to the world's busy toilers is perhaps its truest benefactor.

For obvious reasons I cannot expect the medical profession (to which our author belongs) to agree with me, but I do not doubt that I have herein expressed the sentiments of thousands of my American sisters.

A. P.

The "American Mother" and I do not agree in opinion. An expression from others would greatly interest

A LOYAL SUBSCRIBER.

Stillwater, Minn.

#### Babies of the Antipodes as seen from a Bicycle.

To the Editor of BABYHOOD:

One day when travelling through China on my bicycle tour around the world, I came upon a very novel and interesting sight. It is the first thing of the kind I ever saw or heard about. My overland journey led me through many out-of-the-way districts where the people are primitive and curious in many respects. In one of these obscure communities in the foot-hills of the Mae-Ling Mountains I saw about twenty Chinese infants tethered to stakes on a patch of greensward, like so many goats or pet lambs. The length of each baby's tether was about ten feet, and the bamboo stakes were set far enough apart so that the babies wouldn't get all tangled up. Each baby had a sort of girdle or *Kam-merbund* around its waist, and the end of the tether-string was tied to the back of this. Some of the little Celestials were crawling about on all-fours; others were taking their first lessons in the feat of standing upright by steadying themselves against the stake they were tied to.

What queer little Chinese mortals they all looked, to be sure, picketed out on the grass-land like a lot of young calves whose mothers were away for the day! In this respect they did, indeed, resemble young calves, for I could see their mothers at work in a rice-field a few hundred yards away. All the babies seemed quite contented with their treatment. I stood and looked at them for several minutes, from pure amusement at their unique position; but although they regarded me with wide-eyed curiosity, I never heard a whimper from any of them. Nobody was paying the slightest attention to them, and from appearances I should conclude that they were most likely picketed out in this manner every fine day while their mothers worked in the neighboring fields. Very probably these Chinese babies soon come to regard their daily outing at the stake with the same degree of satisfaction that very Young



America derives from his perambulator ride on sunny afternoons in the Park.

THOMAS STEVENS.

22 Irving Place, N. Y.

### An Experiment with Raw Beefsteak

To the Editor of BABYHOOD :

I have had some experience in giving meat to young children which may be of value to some of your readers. In July of last year my little boy, fifteen months old, who had never been very strong, was taken sick, and for several weeks was very ill with persistent bowel-trouble. I was staying at the lakeside at the time and employing one of the first physicians of our city, but in spite of all our efforts my baby steadily grew worse. Although we tried several of the best brands of infants' foods and different processes of preparing milk, it was impossible to find anything that he could digest. Finally the physician reluctantly gave up the milk entirely and put him on a diet of Horlick's Food, made with water, alternated with raw meat. The latter was prepared in the following way : Nice beefsteak was cut fine, every particle of fat removed ; then it was pounded in a mortar until it became pulpy, then rubbed through a fine sieve, which removed all fibre, making it like a paste. This I seasoned plentifully with pepper and salt, and gave a dessert-spoonful to him three times a day. He liked it, and the effect was wonderful. The disease, with all its attendant symptoms of fever, diarrhoea, etc., abated immediately, and he steadily improved from that time. I gave the meat for nearly three weeks, with an intermission of two or three days when he seemed tired of it. He continued the Horlick's Food for a month, and then I gradually returned to milk diet. I feel very sure I owe it to those two things, accompanied, of course, with the skilful medical treatment he received, that my boy's life was preserved.

Since then he often has a little beef, lamb, or fresh fish cut very fine, and occasionally broth and soup, with his other food, and the result is he is now a strong, healthy child, having gone through the past trying summer with only one slight disturbance of his digestion. I know that at first thought raw meat seems a queer thing to give to a baby who always had feeble digestion, and who was so very ill at the time ; but the result proved the wisdom of it, and, knowing this, I cannot agree with your correspondent who says that "animal food has a distinctly inflammatory effect upon those unac-

customed to its use, and in such persons is liable to fan into flame the slightest tendency to fever."

W. M. P.

Rochester, N. Y.

### Feeding Other People's Children.

To the Editor of BABYHOOD :

Grandmothers are more addicted to this fault than any other relative or friend of a little child. They are sincere in the belief that it is the love they have for the little one that impels them to feed it with goodies, sugar-plums, raisins, cookies, and hot doughnuts ; but though we are exempted from any vexatious experience with abused and consequently disordered little stomachs caused by a cake-and-candy-stuffing grandmother, we do believe that this mischievous feeding frequently happens, not because of the momentary pleasure it gives the child, but because of the keen, hearty satisfaction it affords the meddlesome, perhaps childish, grandparent.

"It will make Baby sick ; please, mother, don't give him that apple !" we once heard a young mother beg of her husband's strong-willed maternal parent.

"Law, child ! don't you suppose I know what is good for such young ones ? I always gave my babies apple as soon as they could gnaw it, and they fattened on it like little pigs. Your baby has got to be got used to such things."

So the raw though ripe slices went into Baby's greedy mouth, and the old story was repeated—a sensitive, helpless little stomach disordered, then a brave struggle to right itself by hard vomiting and purging, causing for Baby cruel aches in stomach and bowels, and for the mother torturing anxiety and sleepless nights. But what of that ? What matters it if the baby is made sick, his little frame racked with pain, his vitality lowered, and he brought down no one but his Creator knows how near the point where abused Nature cannot so rally her forces as to save him from a violent, cruel death caused by unfit food ?

But meddlesome grandparents and self-willed old aunts are not all who thoughtlessly drum up savage foes that Baby's tender little stomach must fight alone. Sometimes it's a visitor who with gross stupidity drops into the mouth of her hostess' baby generous slices from her pear, grapes or cherries from her plate, or candies from her pocket, bringing into that household consternation and intense anxiety because of a sick baby.

The rosy apple, the cluster of grapes, the



cunning gingerbread horse that seem so harmless, perhaps nourishing, to you, and so toothsome to the eager, greedy babies of your neighbor, may act as rank poison in their systems. If you must lavish such gifts upon them, do it only with the knowledge and consent of the mother. Let her pass judgment upon such food before it crosses her little people's lips.

*Madison, Me.*

CLARISSA POTTER.

### Is Indifference to Babies Hereditary?

*To the Editor of BABYHOOD:*

Two letters published in recent numbers of your magazine lead me to ask a question. Is not the cause of the ceaseless worry and annoyance and unhappiness which are so often met with in rearing children, and the dread and dislike some women have for children, due somewhat to heredity?

I have in mind a family of five children which illustrates my thought perfectly. The mother was not long a happy wife. She was poorly provided for from the beginning, but was young and hopeful. Before the first baby's birth, however, she had learned the true character of her reckless and cruel husband. When her second little girl came she had very little with which to help herself, and as the years went by there was less and less. Every garment that could possibly be used was cut up for the children, and at last she was reduced to one calico dress, and when that was worn through to the lining it was replaced by one given her by a neighbor. There was nothing in the house at times to eat, and every few weeks she was left alone to provide for herself. No wonder that each little one was anticipated with genuine horror! No wonder that that horror is stamped upon the heart of every one of the living children! Seven came in that unfortunate union. Two were taken away. All the remaining five are prosperous men and women to-day; but all have a nervous dread of small children, and in two cases an honest, unconquerable dislike.

May there not be as much in many another's married life which makes the mother dread the coming of each little one? And is there not a way by which mothers may give to their sons and daughters cheerful hearts and a love for the little creatures that must come to them in the course of time? Then, while our boys and girls are growing into manhood and womanhood, is there not ample opportunity for teaching them that a baby is the crowning blessing of a life, and giving them every possible means

of learning the ways of babies and the care also, so that when the time comes the helplessness may not increase the dislike?

Some years ago, while visiting a friend who had an eight-months-old babe, and offering to hold it, I was greatly surprised to hear her say, "Do not feel obliged to hold that baby. I never liked babies when I was a girl, and I don't expect any one to like mine." The same woman said, when she was the mother of three little ones, that even then she did not know of six children in the world beside her own that she could endure to have near her. What effect upon the natures of her two girls and little boy will such a feeling, harbored all these years, have?

I remember one letter *BABYHOOD* published which told its readers of the indifference of young mothers to their newly-born babes. May not those mothers have been living under an idea that was born in them and allowed to grow? Cannot our young mothers correct the evil that was done them, no doubt unconsciously, by keeping in mind the glorious mission God put them here to fulfil, and thinking how warm their hearts will grow when their little babe finds a place to nestle there and rest a little while until the years carry him beyond their care? If we are true mothers will not our sons and daughters be true fathers and mothers? Can we think of a higher or better place in this life to fit them for?

Among my acquaintances I can recall at once eleven couples who have no children and who do not wish to have. Almost all my girl-friends look with amazement at any happiness a mother shows in her children. Many of them have confided in me their secret horror of married life because the lot of being a mother might fall to them. Two women I know well who have had opportunity for marriage, who have warm hearts and are womanly in every other respect, but whose love was not strong enough to blot out the sleeping horror of bearing children and caring for them.

Is all that is necessary to guard against such feelings appearing in our own children merely a little useful knowledge that can be acquired in the two or three years preceding marriage? Should not the teaching begin while only the thoughts in a mother's heart can influence her child?

All this questioning will not reach the multitude of over-burdened mothers, who are almost too tired to think of what they are doing for their children, aside from caring for their physi-

cal needs. And this leads me to ask another question. Do not all readers of *BABYHOOD* know of homes, and many of them, where such help as *BABYHOOD* offers never reaches, and where a few numbers of the magazine would do much toward lightening the cares of motherhood and so make it more possible for women, weary almost unto death, to look forward to the coming of another little stranger with something like hope and joy?

J. E. W.

*Michigan.*

#### A Neglected Study.

*To the Editor of BABYHOOD :*

MANY mothers find it difficult to amuse their babies. They say they have no talent for story-telling or for inventing plays. Perhaps they have more talent of this kind than they suppose—or at least the germs of talent. Perhaps they have never tried to entertain their little ones as they try to care for their physical needs. The little toddlers revel in the grotesque, the odd, the unexpected. The personification of the common creatures about them affords endless interest. A fretful child of eighteen months or two years will stop crying at once if you talk to him about kitty's fur cloak, and ask him how she keeps her white stockings so clean. A baby too young to talk was so restless and "cross" that he could not go to sleep as usual. His mother rocked him and walked about with him in her arms till she was tired out. A lady who happened in took him, and, going to the canary's cage, said: "See birdie, fast asleep in his little yellow nightgown." The child laughed aloud. He had experienced a reaction from his fretful mood, and soon dropped asleep.

A child subject to violent fits of passion could be instantly beguiled from her naughtiness by some ridiculous suggestion. The moment she was made to laugh her anger was over and she was "good."

Little children suffer in a chilly, prosaic, grown-up atmosphere. Help them to make believe and they will amuse themselves. Two mothers of my acquaintance pursued two different methods with their babies. Each had her own housework to do. One set the little, mischievous tot on the carpet with some familiar toys, and expected her to stay there while the dishes were being washed, the bread kneaded, and the silver polished. The consequence was, said tot soon left the monotonous playthings, the well-known rubber rattle, the picture-book, and the painted blocks, and tugged at her mother's skirts, fretting and teasing; or she left

her station on the carpet for the fascinating occupation of picking off the wall-paper. The other mother put Miss Baby in her high-chair, tied and braced to avoid accident, and on the table before her set a shallow pan with half-a-pint of water in it. She gave a bit of rag and the child's tin dishes, and let her "help mamma." Protected by an oilcloth bib, the water did her no harm; and for a full hour the little thing washed and dried her dishes, and washed them over again, the mother chatting with her happily. This woman was even then in mourning for the baby's father, but was too wise to chill the sensitive child-spirit with the cloud of her own sorrow.

The baby must be made to understand that thus far it can go and no further; but within its own limits it should be humored, pleased, and interested. It is necessary to natural, healthy development that the baby's mind should be serene, its feelings respected, that its spirit should be bathed in sunshine. Many a mother sets her geraniums in the sun and frowns at her baby.

As to stories, very little invention is required for a two-year-old. If he be told in the form of a story just what he did the day before, he will be interested. The true story of the baby-birds whose mother was taken away from them will be listened to over and over. The account of the little gray mouse that went hunting for cheese and got caught in a trap while Baby was asleep will suffice for many entertainments. The mother who tries amplifying and embellishing these little histories will find her power increasing. The child can be taught many a lesson of sympathy with animals in this simple way.

It is necessary to study for good results in every department of life. How many mothers set themselves to study the best ways to entertain their children? These little ones want occupation for body and mind; they want encouragement and sympathy, a great deal of both; they want firm restrictions, and, within those, sunny, joyous freedom. Thus treated they will soon be a real help to the wise, loving mother.

A very little child can pick up its own playthings; and this discipline—for it is a real discipline to a baby—will lead to the power and the willingness to help in larger ways. A little girl of five, standing on her cricket, can wipe all the small dishes, rub the knives, and do many a helpful task; and by judicious effort such a glamour can be thrown over the work that she shall like it better than play. But this cannot be without training from the beginning in helpful, unselfish ways. Neither is there any

reason why a boy should not do the same work. Work is no harder than play. It is only that one must do the work; the play is a matter of choice. A little child is very easily made to think this or that. His will is easily moulded by one who understands him. Beginning in infancy to win confidence and establish loving authority, we should find our children companions and helpers almost from that sweet period.

M. F. BUTTS.

*Westerly, R. I.*

#### Beware of Button-Hooks.

*To the Editor of BABYHOOD :*

I had an experience with a button-hook a couple of weeks ago which I wish to relate for the warning of any mothers who are not already sufficiently afraid of them. Like other tedious narrators, I will make some preliminary remarks before I begin. I am a careful mother. I put down a window or shut a door to escape a draught, and put an extra garment on the children when the weather turns colder. I set a table in the middle of the every-day rooms under the gas-fixtures, lest some sudden tosser-up of the baby may bring her into awful contact with the said dependencies. I never leave papers on the floor, lest flying young feet chance to step upon them and the slip make bad work with the backs of young heads. I put all the shears into an upper bureau drawer, that no careless person may pull them from shelves or nails, and so prod the heads and eyes of my growing family. Many other far-seeing virtues are mine.

But as a chain is no stronger than its weakest part, I have proven that one negligence is as bad as any other. It was good fortune once that saved my baby of twenty-one months from a terrible accident. The cause was a button-hook—a pretty, fancy-handled button-hook. It belongs to the five-year-old sister of the little one, and has always been in demand as a plaything. On this particular morning, the five-year-old having buttoned her shoes, the not quite two-year-old asked for the hook. I handed it to her and turned to some toilet duty. Presently my baby screamed loudly. Turning, I was horrified to see the button-hook fast in the little throat. I caught up my baby, took away the hands that clutched at the hook, and attempted to remove it myself. It was fast under the palate, which was pulled forward in a frightful way when I drew the hook. I do not know how I did it, but in some way I safely pressed down and back and released the hook. The lacerated throat bled somewhat, and the

baby complained of a "hu't" there through the day occasionally. But that was all. I do not write for what happened, but for what might have happened. Had I been out of the room, how might the throat have been torn by the efforts of the agonized child! Or had the hook caught further down, the child might have gone into spasms before it could be extricated. Also, had the palate been injured, her speech might have been for ever imperfect. I suppose she must have put the hook far enough into her throat to "gag" herself, and this threw the palate forward and caught the hook.

SALLY'S REMORSEFUL MOTHER.

*Elmira, N. Y.*

#### Criticism of Parents by Children.

*To the Editor of BABYHOOD :*

I write to BABYHOOD upon a subject which is just beginning to trouble me, and which may never have come in the form of a trouble to any other mother. I refer to the unconscious, outspoken criticism of parents by the children. It was something unknown in my household until recently, but has now become such a frequent occurrence that I feel I must take measures to suppress it. For instance, only this morning at breakfast Geraldine opened the ball by remarking: "Poor mamma! How old you look this morning!"—which certainly may have been the case, I having been awake nearly all night with a teething baby. Presently Harold followed suit, saying, "Papa, you are getting so fat you look real funny"; and this time even the waitress came in for her share, as Julia whispered to me very loudly: "Do you see how cross Kitty looks? She had the toothache all night."

Now, these remarks were all undoubtedly true, and there was really no thought of criticism in them, as the tender-hearted little ones adore papa and mamma, and would not hurt their feelings for the world. Still, is it not a bad habit, which will grow with the growth of the children unless checked? And how can it be checked without destroying the sweet frankness of childhood, and perhaps leading to their locking up in their own hearts or discussing with one another secret thoughts which should be brought to the parents? If there are other mothers of wider experience who have been confronted with this difficulty, will they not write to BABYHOOD, giving me a little advice upon the subject, and telling me of the means to which they may have resorted to overcome this evil?

J. S. W.

*Cleveland, O.*



## SOME RECENT BOOKS ON SUBJECTS OF INTEREST TO MOTHERS.

I. *Practical Lessons in Nursing, Maternity, Infancy, and Childhood.* By John M. Keating, M.D., Visiting Obstetrician and Lecturer on the Diseases of Women and Children, Philadelphia Hospital (Blockley). Philadelphia: J. B. Lippincott Company.

This series of manuals is intended, not for professional nurses alone, but for all who have the care of the sick or the young. The present volume is an excellent little manual covering the diet and hygiene of pregnancy, the care of infants from birth, and also the commoner diseases of childhood, including the disorders of the second dentition and of the period of puberty. We believe it will prove very useful.

II. *Outlines for the Management of Diet; or, The Regulation of Food to the Requirements of Health and the Treatment of Disease.* By Edward T. Bruen, Assistant Professor of Physical Diagnosis, University of Pennsylvania, etc. Philadelphia: J. B. Lippincott Company.

This belongs to the same series as Dr. Keating's book. The subject is one upon which information is needed not less than upon the care of infants and children. The book treats in a compact way of the physiology of digestion, of foods and of beverages and their special values and disadvantages; and then considers the diet required to increase or diminish flesh, that suitable to special diseases—as dyspepsia, gout, and rheumatism—to fevers, to kidney disease, to diabetes, and to certain nervous diseases. It will be helpful to many who are puzzled by the constantly recurring question, What ought we to eat?

III. *Health Lessons: A Primary Book.* By Jerome Walker, M.D., Lecturer on Hygiene at

the Long Island College Hospital. New York: D. Appleton & Company.

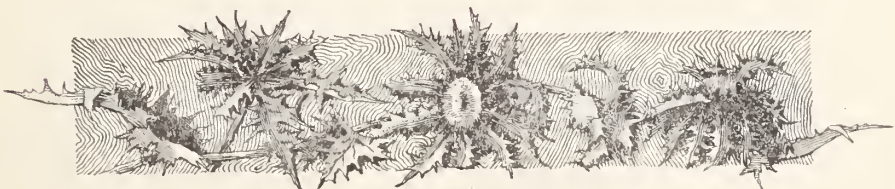
This is a book on physiology, not about children, but for children. It is profusely illustrated not only with physiological diagrams, but with pictures, many pretty and some amusing, which, together with the story-form of instruction, will be likely to fasten the child's attention and induce it to learn the rudiments of physiology and hygiene.

IV. *Parturition without Pain: A Code of Directions for Escaping the Primal Curse.* Edited by M. L. Holbrook, M.D. New York: M. L. Holbrook, Publisher.

Many of the general rules in this book are well enough, but its main point, the production of painless parturition by the use of an exclusively fruit diet, can only do mischief. Fruit is a very proper part of the diet of a pregnant woman, but entirely unfit as a sole reliance. All the tales told in the book of painless labor following this diet can be matched from the practice of nearly every experienced physician in cases where no such diet was employed. If the case recited, of the diet resulting in the birth of a baby "his bone being all in gristle," is accepted as true, it merely proves that in this instance the mother succeeded in generating a case of congenital rickets. We suppose no true mother would desire to do this, even to mitigate her own suffering.

V. *Tokology: A Book for Every Woman.* By Alice B. Stockham, M.D. Chicago: Sanitary Publishing Co.

The same mischievous doctrine crops out in this book, not to mention other theories which spoil it as a safe guide.





## HIGH-CHAIR PHILOSOPHY.



**M**Y small boy of four has just learned to take a great interest in brass bands, especially the drums, though, unfortunately (for him), we live where they are seldom seen or heard. The other night he was kneeling on my lap, disporting himself in pulling my ears and similar performances, when I chanced to remark: "Do you know, Jack, there's a funny little bit of a drum there in my ear?" It would be hard to describe the surprised and delighted expression of his face as he instantly exclaimed: "Oh! make it go, papa, make it go!" —*S. J., Richmond, N. Y.*

—Little Jimmy was not baptized till nearly two years old. The clergyman poured considerable water over his head, and the little fellow, looking up at his mother, called out: "Where's 'e comb, mamma?" —*M. I. G., Boston.*

—Our little four-year-old Charlie said to me last spring, when we were arranging where we would go in our summer vacation: "Papa, do you remember much about last summer?" "Yes," I said, "I remember a good deal. Do you?" "Well, I remember some, but you see the winter is so long it wears out the remember."

One night after he had gone to bed he asked his mamma: "What does 'amen' mean?" As she didn't want to attempt to explain at that time, she simply replied: "So let it be." A night or two afterwards he said to me: "Papa, do you know what 'amen' means?" "Yes," I answered; "do you?" seeing he was anxious to show his knowledge. "Yes, I know: it means *let it alone*." —*F. M. H., Hyde Park, Mass.*

—Little May disliked very much to be dressed, and delayed the nurse in every possible manner. Her uncle, a clergyman, wishing to break her of so disagreeable a habit, said: "May, let us strive who will be dressed first, you or I." Every morning little May was the first to appear neatly dressed. Sunday morning came, but the clergyman was dressed first. "How was it that you were not dressed first this morning?" he said to May when she appeared. "Oh!" she replied, "this child don't see Sundays: she's not that kind of a girl." —*C. L. S.*

—My little girl, aged two-and-a-half years, was deeply interested in watching her papa out fishing one day, and inquired: "Is he going to catch the potatoes too?" The next morning at breakfast he gave her a small taste of his fish, which chanced to have a few bones in it, and in disgust she exclaimed: "It has sticks in it!" —*A., Marblehead, Mass.*

—Daisy was born in Japan, and learned the language of the natives as well as our own. When only a year and eight months old she made a good pun by the combination of the two languages. "No" is the form of the possessive, and "no nee" the common form of commencing a sentence. I was speaking to her in Japanese, and began, "Daisy, no nee"; she interrupted me by pulling up her skirt and showing me her little bare *zuse, swin, a face aglow with merriment.* —*A.*

—A little curly-headed cousin of mine was walking about one Sunday afternoon in her garden. A little neighbor called to her to come over and play. She refused, but upon being urged to come looked up with a quite sad and indignant face and exclaimed: "What! play on Sunday? Don't you know this is God's day, and it's the only day he's got?" —*J. E. W., Michigan.*

—One subject on which I and my little three-year-old daughter never agree is the amount of sugar to be eaten on oatmeal or boiled rice; to her regular demand for more, my unflinching answer is, "Sugar won't make you grow," or "too much sugar will make you sick." A few nights since she said seriously: "Mamma, I want to tell you a story. Once there was a little girl and her mamma let her eat all the sugar she wanted on her rice, and she ate all there was in the bowl. *And the child did not die.* She grew and grew till her head touched the ceiling!"

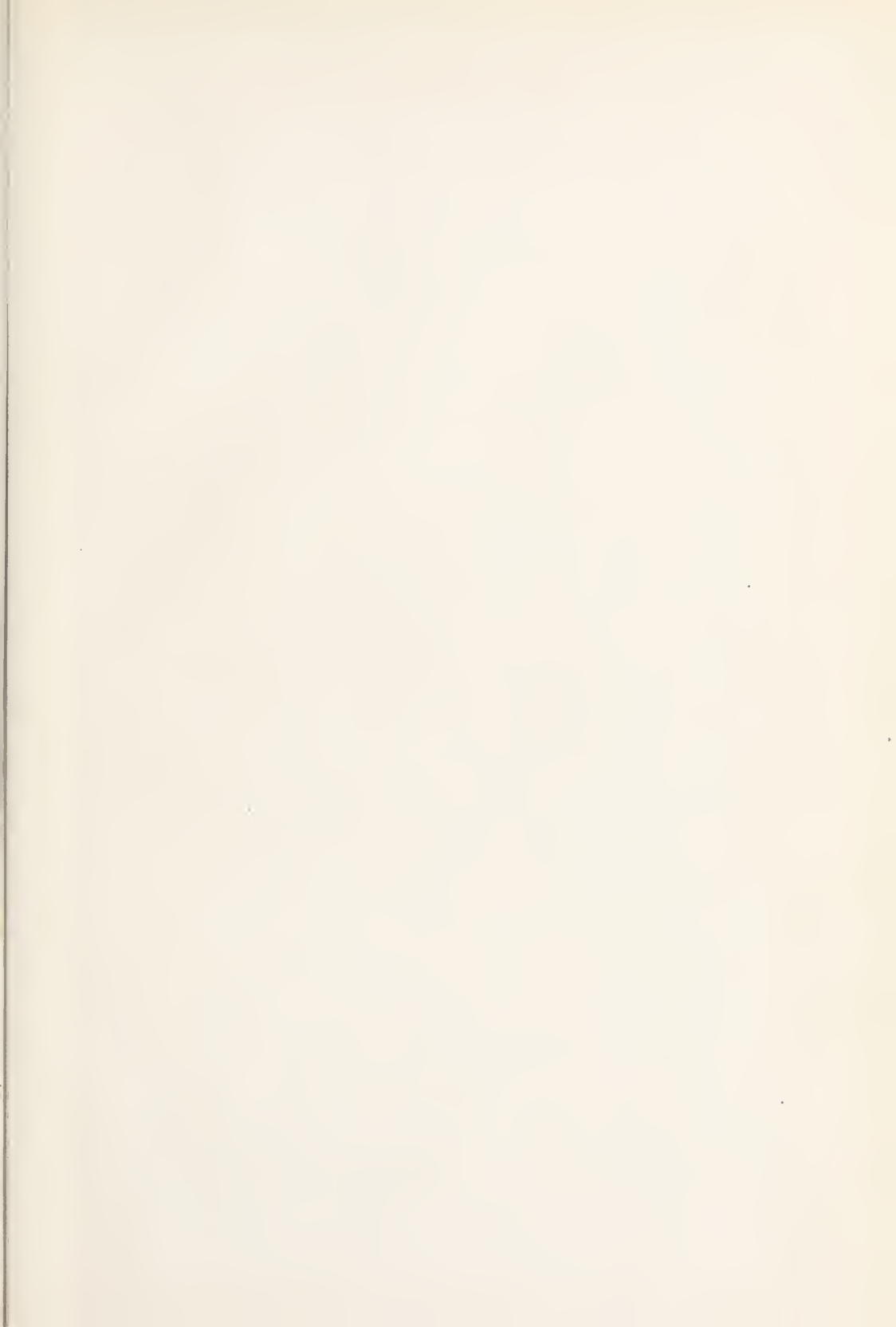
But to me the most interesting thing was a genuine attempt at a pun when she was a little more than two years old. (I must say, in explanation, that baby's grandmamma lives in Philadelphia, and that she was quite familiar with the name of the place and pronounced it perfectly.) We had a man doing some work in the house at that time named Philip, with whom Baby had become very friendly. One day she said to me, "Mamma, did you know there are two Philips? Yes, there is our Philip, you know, and then there is *Philip-delfia*." The emphasis she gave to the broken syllable of the last word and the roguish expression in her eyes convinced me that she intended to make a pun. —*K. A. H., Buffalo, N. Y.*

—In Millburg, Mr. Smith, the sexton of one of the churches, is a baker, and during the week delivers his wares at houses of his customers. Little Henry Bates, on his fifth birthday, was allowed to go to church for the first time, and his mother gave him some crackers to eat if he became hungry. When Mr. Smith came around with the contribution-plate Henry put the money in it, and followed Mr. Smith's movements with such anxious, inquiring eyes that Mrs. Bates feared he was going to speak to him. She softly whispered, "Now is the time to eat your crackers." "Mamma," he replied, "hadn't I better wait till Mr. Smith brings the fresh ones you have just paid for?"

Our little five-year-old girl was walking in the fields with a young lady companion when they met a cow. "That is the only animal that I am afraid of," she explained; "that is, the only *cultivated* animal." —*M. A. H., Somerville, Mass.*

—Baby Earle, two years old, was intently and sympathetically examining papa's prematurely bald head, evidently trying to account for it. At last he solved the problem, and caressingly patting papa's head, said: "Poor papa, papa hair, papa FALL." —*F., Boston.*

—My little nephew, aged three, was very fond of playing cars by running along, puffing and whistling in imitation of the engine. One day I chanced to step in his way as he was going at full speed. He stopped, and, instead of requesting me to give him the right of way, remarked solemnly, "The engine will wait till that cow gets off the track." —*Mrs. K., Traer, Iowa.*











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